

Black Eyed Bean Soup

Traditional Turkish Black-Eyed Pea Soup with yogurt and wheat berries. A hearty, nutritious winter soup ready in 35 minutes.

10	25	35	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Black Eyed Bean Soup

Ingredients

- 0.5 cup black eyed bean
- 1 cup buckwheat
- 1 cup plain yogurt
- 8 cup water
- 0.5 tbsp butter
- 0.5 tbsp flour
- 0.5 tbsp dry mint

Instructions

- 1 Cook the beans and wheat**

Combine 0.5 cup black-eyed peas and 1 cup wheat berries in a large pot with 8 cups water. Bring to a boil over high heat, then reduce heat to medium-low and simmer for 20-25 minutes until the peas are tender but still hold their shape and the wheat is chewy.
- 2 Prepare the yogurt mixture**

Whisk 0.5 tablespoon flour into 1 cup yogurt in a medium bowl until completely smooth with no lumps remaining.
- 3** Ladle 0.5 cup of the hot cooking liquid from the beans into a measuring cup. Slowly pour this hot liquid into the yogurt mixture while whisking constantly to prevent curdling.
- 4** Continue adding hot cooking liquid gradually, whisking constantly, until the yogurt mixture reaches the consistency of heavy cream and is warm to the touch.
- 5 Finish the soup**

Bring the bean and wheat mixture to a gentle boil over medium heat. Slowly pour in the tempered yogurt mixture while stirring constantly with a wooden spoon to prevent separation.
- 6** Reduce heat to low and simmer for 3-4 minutes, stirring continuously, until the soup thickens slightly and coats the back of a spoon. Season with salt and pepper to taste.
- 7 Prepare the garnish**

Heat 0.5 tablespoon butter in a small pan over medium heat until melted and just beginning to foam, about 1 minute. Remove from heat and stir in 0.5 tablespoon chopped fresh mint.
- 8** Ladle soup into 4 serving bowls and drizzle each portion with the mint butter before serving immediately.

Tips

Soak black-eyed peas overnight to reduce cooking time by half and ensure even texture throughout the soup.

Always temper yogurt gradually by whisking in warm broth first - this prevents the yogurt from curdling when added to hot soup.

Toast wheat berries in a dry pan for 2-3 minutes before adding liquid to enhance their nutty flavor and improve texture.

Keep the heat at medium-low when adding the yogurt mixture and stir constantly to maintain a smooth, creamy consistency.

Test doneness by pressing a black-eyed pea against the side of the pot - it should mash easily but still hold its shape.

Prepare the mint butter garnish just before serving to preserve the herb's bright flavor and vibrant color.

Store leftover soup in glass containers rather than plastic to prevent absorbing flavors and maintain freshness longer.