



Beans and Green Soup With Salted Yogurt & Sizzled Mint

BY BON APPETIT

SERVES 6



SOUP INGREDIENTS

- 1 large onion, finely chopped
- ½ cup white beans, soaked overnight, drained
- ½ cup dried chickpeas, soaked overnight, drained
- ½ cup green lentils, rinsed
- 5 ounces baby spinach (about 7 cups), chopped
- 1 cup chopped cilantro leaves with tender stems
- 1 cup chopped parsley
- ½ cup chopped dill
- 1 large onion, very thinly sliced
- 2 tablespoons dried ground mint
- ¼ cup plus 4 table spoons whole-milk Greek yogurt
- ¼ cup buttermilk
- 3 tablespoons vegetable oil
- 6 tablespoons vegetable oil, divided
- 1 teaspoon ground turmeric
- 2 tablespoons fresh lemon juice
- 3 garlic cloves, finely grated
- Kosher salt & freshly ground pepper

TOPPING INGREDIENTS

- 6 tablespoons vegetable oil, divided
- 1 large onion, very thinly sliced
- ½ cup whole-milk Greek yogurt
- ¼ cup buttermilk
- Kosher salt
- 2 tablespoons dried ground mint

SOUP DIRECTIONS

1. Heat oil in a large pot over medium. Add onion and cook, stirring occasionally, until golden brown and soft, 6-8 minutes.
2. Add garlic, beans, chickpeas, and turmeric and cook, stirring, until fragrant, about 2 minutes.
3. Add 8 cups cold water and bring to a boil.
4. Reduce heat, bring to a simmer, and cook, stirring occasionally, until beans are halfway cooked (they should still be very al dente), 25-35 minutes.
5. Add lentils and cook, stirring occasionally, until beans are creamy but still hold their shape, and lentils are tender, 25-35 minutes (the soup may look a bit thick, but don't fret; the greens will release liquid when they're added, thinning the soup out a bit).
6. Add spinach, cilantro, parsley, and dill and cook until greens are just wilted and have slightly darkened, 4-6 minutes.
7. Stir in lemon juice; season with salt and pepper.

TOPPING DIRECTIONS

1. While soup is simmering, heat 3 Tbsp. oil in a medium skillet over medium-high. Add onion and cook, stirring often, until golden, 6-8 minutes.
2. Reduce heat to medium and cook, stirring occasionally, until onions are slightly charred and crisp, 14-16 minutes; season with salt. Transfer to a plate; cover to keep warm.
3. Mix yogurt and buttermilk in a small bowl; season with salt.
4. Wipe out skillet and heat remaining 3 Tbsp. oil over medium. Add mint, stirring often, until mint is fragrant and slightly darkened, about 1 minute. Transfer to a small bowl or measuring cup.
5. Divide soup among bowls and pour yogurt mixture over soup.
6. Drizzle mint oil over soup, then top with fried onions.