



# **gormeh sabzi – brontosaurus style**

by Mero Cocinero Karimi

## **Elements**

8 cloves of garlic, sliced  
1/3 cup of black eyed peas  
1 bottle of olive oil  
1-2 Lb. Portabella Mushrooms (or cremini/baby bellas)  
1 yellow onions  
Kosher Salt to taste  
black pepper to taste  
2 tsp Tumeric  
1 bunches green onions  
2 Leeks  
1 bunches of Spinach  
1 bunches of parsley  
1 bunches of cilantro  
½ - 1 pkg. of Dried Fenugreek  
1 TSP of lemon juice  
4-6 dried lemons (depending on size)

## **Preparation**

Cook the peas in medium heat until they are soft (around 20 minutes). Then chop up all the vegetables, except the Portebello Mushrooms. For that I cut the stems, and then cube the Mushrooms to bite size. The greens should be chopped finely. (Comrade Castro likes to add cilantro. Which I think is brilliant). Around 1 cup of each of the green vegetables. Chop onions finely, too.

Smash dried lemons, take meats out or I like to poke a hole through. Keep on counter until ready like any good revolutionary ingredient, ready to be a part of the solution at any moment.

In a pot, add the oil (cover the bottom of the pot-ish), onions, garlic and the turmeric (1/2 tsp.-ish). and the mushrooms. Saute...make sure the house smells like your mixture, and the mushrooms really have the color of the turmeric. That's how you know.

In another saucepan, place olive oil (cover the bottom of the pot-ish), heat pan a bit to medium. Then, place the chopped green vegetables and add 1 cup of dried fenugreek and saute for around 10 minutes-ish.

Place dried lemons into pot with mushrooms. Add beans, water (2 cups) only if necessary, conserve the water!, green vegetables into pot with mushrooms. Cover, and simmer for 20 minutes. Salt & pepper, to taste.