

Kololik Soup Recipe

Ingredients:

- 1 pound (450g) beef or lamb, cubed
- 2 tablespoons vegetable oil
- 1 onion, finely chopped
- 2 carrots, peeled and diced
- 2 potatoes, peeled and diced
- 4 cloves garlic, minced
- 1 teaspoon paprika
- Salt and pepper to taste
- 8 cups (1.9 liters) water or beef broth
- Fresh herbs (parsley or dill) for garnish
- Sour cream or yogurt for serving
- Armenian lavash or pita bread (optional)

Instructions

Prepare the Meat:

- In a large soup pot, heat the vegetable oil over medium-high heat.
- Add the cubed beef or lamb and brown it on all sides until it develops a rich color. This step helps enhance the flavor of the soup.

Sauté the Vegetables:

- Add the chopped onion and minced garlic to the pot with the meat. Sauté for a few minutes until the onion becomes translucent and fragrant.
- Stir in the diced carrots and potatoes, allowing them to cook for a few more minutes.

Season and Simmer:

- Sprinkle the paprika, salt, and pepper over the sautéed ingredients, stirring to evenly distribute the seasonings.
- Pour in the water or beef broth, ensuring that all the ingredients are submerged.

Bring to a Boil:

- Increase the heat and bring the soup to a boil.
- Once it's boiling, reduce the heat to low, cover the pot, and let it simmer for about 45 minutes to 1 hour. The meat should become tender, and the flavors will meld together beautifully.

Serve and Garnish:

- Ladle the hot Kololik Soup into bowls.
- Garnish each bowl with a sprinkle of fresh herbs, such as parsley or dill, for a burst of freshness.
- You can also add a dollop of sour cream or yogurt to each bowl for a creamy finish.

Enjoy:

- Serve the Kololik Soup hot, accompanied by Armenian lavash or pita bread if desired. The bread is perfect for soaking up the flavorful broth.