



Turkish Red Lentil Soup with Mint

Jacob · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

6

Description

This Turkish red lentil soup has dynamic flavors and a lovely mild heat much like one you'd find at a Turkish restaurant. I make a big batch and eat it for lunch with crusty bread for an entire week. Serve with additional mint and lemon wedges if desired.

Ingredients

- 2 tablespoons olive oil - ½ onion
- diced - 1 clove garlic
- minced - ¼ cup diced tomatoes
- drained - 5 cups chicken stock - ½ cup red lentils - ¼ cup fine bulgur wheat - ¼ cup rice - 2 tablespoons tomato paste - 1 tablespoon dried mint - 1 teaspoon paprika - ½ teaspoon cayenne pepper (Optional) - salt and ground black pepper to taste

Instructions

1. Heat oil in a large pot over medium heat. Add onion and sauté until beginning to soften
2. about 2 minutes. Stir in garlic and cook for 2 minutes. Add diced tomatoes and cook for 10 minutes. Stir in chicken stock
3. lentils
4. bulgur
5. rice
6. tomato paste
7. mint
8. paprika
9. cayenne pepper
10. salt
11. and black pepper; bring to a boil. Reduce heat to medium-low and simmer until lentils and rice are tender
12. about 30 minutes. Puree soup with an immersion blender until smooth. Cook's Note You can use vegetable broth to make a vegan version of this soup.