

Foodnity Recipes

Turkish Lentil Soup Recipe (30 Mins)

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Turkish** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup red lentils, rinsed
- [ ] 1 large onion, finely chopped
- [ ] 2 cloves garlic, minced
- [ ] 1 carrot, finely chopped
- [ ] 1 celery stalk, finely chopped
- [ ] 2 tbsp tomato paste
- [ ] 1 tsp ground cumin
- [ ] 1 tsp paprika
- [ ] 4 cups vegetable broth
- [ ] 2 tbsp olive oil
- [ ] Juice of 1 lemon
- [ ] Salt and pepper to taste

For Garnish

- [ ] Fresh parsley, chopped
- [ ] Extra lemon wedges
- [ ] Drizzle of olive oil

Instructions

1. In a large pot, heat the olive oil over medium heat. Add the chopped onion, garlic, carrot, and celery. Sauté until the vegetables are soft and fragrant, about 5 minutes.
2. Stir in the tomato paste, cumin, and paprika. Cook for another minute to release the aromas.
3. Add the rinsed lentils and vegetable broth to the pot. Bring the mixture to a boil, then reduce the heat to low and let it simmer for about 15-20 minutes, or until the lentils are tender and the soup has thickened.
4. Stir in the lemon juice and season with salt and pepper to taste. If the soup is too thick, add a little more broth to reach your desired consistency.
5. Ladle the soup into bowls and garnish with fresh parsley, a drizzle of olive oil, and extra lemon wedges if desired. Serve hot with crusty bread.

Nutrition per serving

250 kcal	12 g	35 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- Rinsing the lentils thoroughly ensures a clean flavor and removes any debris.
- Adjust the consistency of the soup by adding more broth if it's too thick.
- For extra richness, stir in a spoonful of yogurt or a drizzle of olive oil before serving.