



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mtevez Lezzetler® Turkish cooking recipes

Meatballs Soup with Green Lentil

Mercimekli Sulu Kfte



1 cup green lentil
1 onion
4 medium size potatoes
2 medium size tomatoes
1 tbsp tomato paste
5 tbsp vegetable oil
1 tsp salt
3 cups water
For Meatballs:
12 oz minced lamb meat
1 small onion
Crumbs of 2 bread slices
1/2 tsp black pepper
1/2 tsp cumin
1/2 tsp salt

- # Rest the green lentils in water for overnight. The day after, boil them until they soften.
- # To prepare the meatballs put bread crumbs and grated onion into a mixing bowl. Knead this mixture until turns into homogenous.
- # Add minced lamb meat, black pepper, cumin and salt onto the mixture. Knead this mixture for about 2-3 minutes.
- # Pick grape size pieces from the meatball mixture and roll them. Place them into a greased baking tray. Place the tray into the oven which is preheated to 374 F and cook the meatballs.
- # Meanwhile cut the onion into small pieces and make them pink by frying with vegetable oil. Add tomato paste and salt. Add peeled and diced tomatoes into the pot also.
- # When the tomato pieces lose their shape, add potato cubes in it. Cover the lid of the pot and cook the mixture for 5 minutes. Then, add hot water.
- # Add green lentils and meatballs into the mela 15 minutes later. Cover the lid again and cook it for 15 minutes more.
- # Serve it hot.

Note: Boiled chickpeas may be added with green lentils also.