



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

---

## Strained Red Lentil Soup

Süzme Mercimek Çorbası



1 cup red lentil  
1 medium onion  
1 medium carrot  
1 tbsp flour  
2 tbsp butter  
7 cups broth  
1 cup water  
2 tsp salt

For Upper Side;  
1 tsp crushed red pepper

- # Put 7 cups broth into a pot or into a pressure cooker. Add the onion which is cut into a few pieces, add lentil and grated carrot in it.
- # Boil them until, they soften and lose their shape.
- # Strain the mixture and force onto the remaining pieces over the strainer, to strain them.
- # Put butter into the pot and place the pot over low heat, add flour on it and roast it by mixing by a fork or a beater constantly, until its color changes.
- # Add 1 cup water on it, mix it fast, then add the strained mixture of lentil on it urgently.
- # Finally sprinkle salt all over and cook the mixture over medium heat until it reaches to the boiling temperature.
- # Then turn the heat to low, cook it for 10 minutes by mixing it time to time.
- # Pour it into the bowls or deep plates, while it is hot yet. Sprinkle crushed red pepper all over. Add the toasted bread pieces all over, if you want.

**Note:** The strained red lentil soup is commonly in all of the Turkish restaurant's menus.