



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

Roasted Lentil Soup

Kavurma Mercimek Çorbası



1 cup red lentil
1 medium onion
1 big carrot
1 celery, medium size
1 medium potato
Juice of half lemon
1/3 cup vegetable oil
3 garlic cloves
3 tbsp rice
1 tsp cumin
1 tsp black pepper
2 tsp salt
8 cups broth or water

- # Boil the lentil with 4 cups of water, until it turns to puree.
- # Put vegetable oil into a pot and make it hot. Then, add sliced onion, thickly grated carrot, celery and potatoes respectively, with 5 minutes rest after adding each of the ingredients. And then, roast the mixture.
- # Add the finely diced garlic cloves, wash and strained rice onto the roasted vegetables, and roast it for a while more.
- # Add the boiled lentil and lemon juice on it.
- # When the mixture turns to homogenous, add cumin, black pepper, salt and 8 cups of broth in it.
- # When the mixture reaches to the boiling temperature, cook it for 5 more minutes and then remove it from the stove.
- # Serve it hot.

Note: If you make it the soup more colorful, you can use 1 tbsp pepper paste while roasting the vegetables.