



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

Red Lentil and Mint Soup

Ezogelin Çorbası



2 carrots
1 onion
1/4 cup rice
1 cup red lentil
1/4 cup bulgur
3 tbsp margarine
1 tbsp tomato paste
1 tbsp pepper paste
8 cups chicken broth
1 tbsp flour
1 tbsp dried mint
1 tsp salt
1/2 tsp black pepper

- # At first slice the onion finely and roast it with 2 tbsp margarine. Add grated carrots and red lentil and keep on roasting.
- # Add rice and bulgur and roast for about 5-6 more minutes.
- # Add 8 cups hot chicken broth. Sprinkle salt and black pepper and cook for about 30 minutes.
- # For the sauce, put 1 tbsp margarine and flour into a separate pot, and roast until its flour goes away.
- # Add the mixture of tomato paste, pepper paste which was turned to liquid with some water.
- # Finally, add the mint and cook for about 3-4 minutes.
- # Add the soup into the sauce little by little and stirring constantly.
- # Cook with the soup also for 10 minutes. Serve hot.

Note: If the soup becomes thicker than you expect, you can add some chicken broth just before cooking it at the end for about 10 minutes.