



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

Meatballs Soup with Green Lentil

Mercimekli Sulu Köfte



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.