



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

Erciyes Soup

Erciyes orbasi



1 cup green lentil
1/2 cup red lentil
1 medium onion
1 + 1/2 tbsp sunflower oil
1 tsp flour
2 medium carrots
1 cup orzo
1 tbsp tomato paste
2 tsp salt
8 cups water or broth

- # Rest the red lentil and green lentil in the same bowl, which is full of water for overnight. The day after, boil this mixture until the red lentil dissolves and green lentil softens.
- # Put sunflower oil into a separate pot and make it hot over medium heat. Then, add finely diced onion in it and sauté it for a while.
- # When the onion turns to transparent, add thinly grated carrot in it and stir the mixture constantly.
- # When the color of the carrot changes, add tomato paste and flour into the mixture. Roast the mixture until the smells of the ingredients changes.
- # Add 8 cups of hot water or broth on it, and add orzo also.
- # When the orzo starts to grow, add the boiled mixture of lentils and sprinkle salt.
- # Stir the soup, until it reaches to the boiling temperature. Then, turn the heat to low, and cook the soup for about 5-6 minutes more by stirring time to time.
- # Serve the soup hot.

Note: Lentil ingredients B vitamins, phosphorus, nitrogen, %35 protein, arsenic and starch. If you have an illness about your liver, you should be careful about eating it.