



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

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## Sultan's Soup

Sultan Çorbası



1 small bunch of spinach  
1 medium onion  
1 cup red lentil  
8 tbsp sunflower oil  
1 medium carrot  
1 tbsp flour  
7 cups broth  
2 + 1/2 tsp salt  
1/2 tsp black pepper

For the meatballs:  
7 ounces ground meat  
1 slice of stale bread  
1 small onion  
1/2 tsp salt  
1/2 tsp black pepper

- # Wash the lentil, add 4 cups of water on it, and let lose its shape by boiling.
- # Wash the spinach, chop it finely and put into a small pot, add finely diced onion on it with 1/2 tsp salt. Stir the mixture, then cover the lid of the pot on and cook it over low heat for half an hour
- # Meanwhile, prepare the meatballs for the soup; grate the onion and mix it with the slice of stale bread, and then add salt and black pepper also, knead the mixture until it turns to homogenous.
- # Pick pieces, each has walnut size, from the mixture and roll them. And then fry them with some oil, until their color changes a little.
- # Put vegetable oil into the pot and make it hot over medium heat. And then, add diced carrot in it and roast.
- # When the carrot turns to transparent, add flour in it. Sauté it for about 1-2 minutes, add the mixture of cooked onion and spinach onto the carrot and stir it a few times.
- # Add the boiled and strained lentil, 7 cups of water and 2 tsp salt on it.
- # When the soup reaches to the boiling temperature, cook it over medium heat for 15 more minutes.
- # Sprinkle black pepper all over finally, and remove it from the stove urgently. Serve it hot.

**Note:** Celery maybe added into the Sultan's soup while adding the carrot also.