



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

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.