



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

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## 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.