

Turkish Red Lentil Soup (Corba)

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/corba-turkish-soup-recipe>

Ingredients:

- 1 cup red lentils
- 2 tablespoons olive oil
- 1 large onion finely diced
- 1 large carrot diced
- 1 tablespoon tomato paste
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1/2 teaspoon dried mint you can substitute more oregano if you can't find it
- 1/2 teaspoon thyme or oregano
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes
- 4 cups vegetable broth
- 1 cup water or 2 if you want it thinner or to stretch it out
- 1/2 teaspoon sea salt or more to taste, depends on the saltiness of your broth

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 19 grams
3. Fat: 4 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. Sodium: 640 milligrams
7. Sugar: 3 grams

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