

# Turkish Red Lentil Soup (Mercimek Corbasi)

Yield: 4 min  
Total Time: 50 min

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

## Ingredients:

- 2 tablespoons olive oil
- 1 large onion chopped
- 1/2 tablespoon tomato paste
- 1 carrot chopped
- 1 1/2 cups red lentils
- 1 teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon aleppo pepper
- 1/2 teaspoon black pepper
- 6 cups water

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 48 grams
3. Fat: 8 grams
4. Fiber: 24 grams
5. Protein: 19 grams
6. SaturatedFat: 1 grams
7. Sodium: 640 milligrams
8. Sugar: 4 grams

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