

Middle Eastern Lentil Soup

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/middle-east-stew-recipe>

Ingredients:

- 2 tablespoons vegetable oil
- 1/2 cup chopped onion
- 1/2 cup carrots chopped, optional
- 3 garlic cloves pressed or minced
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1/2 teaspoon salt more to taste
- 1/4 teaspoon black pepper
- 1 1/2 cups red lentils
- 6 cups water
- lemon juice for serving
- parsley for garnishing, optional

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 49 grams
3. Fat: 8 grams
4. Fiber: 23 grams
5. Protein: 19 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 330 milligrams
8. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Middle Eastern Lentil Soup above. You can see more 16+ middle east stew recipe Savor the mouthwatering goodness! to get more great cooking ideas.