

Turkish Red Lentil 'Bride' Soup

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 1/4 cup butter
- 2 onions finely chopped
- 1 teaspoon paprika
- 1 cup red lentils
- 1/2 cup bulgur fine
- 2 tablespoons tomato paste
- 8 cups vegetable stock
- 1/8 teaspoon cayenne pepper
- 1 tablespoon mint leaves dried
- 4 slices lemon
- 1/2 teaspoon chopped fresh mint

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 30 milligrams
4. Fat: 12 grams
5. Fiber: 20 grams
6. Protein: 16 grams
7. SaturatedFat: 7 grams
8. Sodium: 2040 milligrams
9. Sugar: 9 grams

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