

Turkish Bulgur and Lentil Soup 'Ezogelin' | Episode 401

Yield: 5 min
Total Time: 40 min

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

Ingredients:

- 1 finely chopped onion
- 1 tablespoon butter
- 3 tablespoons olive oil
- 1 tablespoon flour
- 1 cup red lentils
- 1/4 cup bulgur coarse
- 1/4 cup rice
- 15 tablespoons pepper paste
- 15 tablespoons tomato paste
- 8 cups water
- 1 bouillon cube
- salt to taste
- 2 tablespoons olive oil
- 15 teaspoons dried mint
- 15 teaspoons red pepper flakes

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 5 milligrams
4. Fat: 18 grams
5. Fiber: 22 grams
6. Protein: 16 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 590 milligrams
9. Sugar: 8 grams

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