

# Red Lentil Kofte (Vospov Kofte)

Yield: 4 min  
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-lentil-kofte-recipe>

## Ingredients:

- 2 medium tomatoes or 4 plum tomatoes ¼-inch diced, about 1 ½ cups
- 1 cucumber peeled and ¼-inch diced, about 1 cup
- 1 pepper green Italian, Cubanelle ¼-inch diced, about ¾ cup
- 4 scallions thinly sliced
- 1/3 cup finely chopped parsley
- 1/4 cup lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons kosher salt
- 1 teaspoon paprika
- 1 teaspoon sumac optional
- freshly ground black pepper unchecked?
- 1 cup red lentils picked over for stones and rinsed
- 3 cups water
- 4 teaspoons kosher salt
- 1/4 cup extra virgin olive oil
- 1 1/2 cups finely chopped onion
- 1 cup bulgur grade #1 fine, cracked wheat
- 3 scallions thinly sliced
- freshly ground black pepper unchecked?
- paprika unchecked?, optional for garnish
- 1 tablespoon finely chopped parsley

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 72 grams
3. Fat: 22 grams
4. Fiber: 26 grams
5. Protein: 20 grams
6. SaturatedFat: 3 grams

7. Sodium: 3620 milligrams
8. Sugar: 8 grams

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