

# Turkish Lentil Soup with Baby Spinach

Yield: 5 min  
Total Time: 60 min

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

## Ingredients:

- 5 ounces spinach packets Organic
- 1/2 cup onions chopped
- 1 teaspoon minced garlic
- 1/4 cup carrots chopped
- 1/4 cup red lentils
- 2 tablespoons bulgur wheat
- 6 cups organic chicken or Vegetable Stock
- 2 teaspoons tomato paste
- 1/2 teaspoon sumac
- 1/4 teaspoon paprika
- 1/4 teaspoon freshly ground pepper
- 1/4 teaspoon kosher salt
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons fresh lemon juice
- 1 sprig Italian parsley Fresh

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 12 grams
3. Fat: 6 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 170 milligrams
8. Sugar: 1 grams

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