

Best Lentil Soup

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion finely chopped
- 6 cloves garlic finely chopped or minced
- 3 carrots finely chopped
- 3 cups celery stalks finely chopped
- 2 teaspoons salt
- 1 pound lentils picked and rinsed
- 15 ounces diced tomatoes
- 6 cups chicken broth plus more if needed
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground all-spice
- 1/4 teaspoon ground ginger
- 1/2 lemon about 2 teaspoons

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 59 grams
3. Fat: 8 grams
4. Fiber: 27 grams
5. Protein: 27 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 940 milligrams
8. Sugar: 7 grams

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