

# Red Lentil, Carrot & Cumin Soup

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 5 7/16 cups carrots ~21 ounces, shredded
- 1 tablespoon olive oil
- 1 onion diced
- 2 garlic cloves diced
- 1 inch fresh ginger grated
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon red pepper flakes leave out if you don't like spicy food!
- 2/3 cup red lentils ~4.4 ounces
- 4 1/4 cups vegetable stock
- plain greek yogurt for serving
- fresh coriander chopped, for garnish, optional