

# Turkish Red Lentil Soup

Yield: 6 min  
Total Time: 50 min

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

## Ingredients:

- 1 1/3 cups red lentils picked through and rinsed
- 7 cups low sodium vegetable broth
- 1 yellow onion diced
- 1 carrots diced
- 4 cloves chopped garlic
- 2 tablespoons tomato paste
- 1 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper or to taste
- 3/4 teaspoon fine sea salt or to taste
- lemon wedges for serving, optional
- chopped fresh mint for serving, optional

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 36 grams
3. Fat: 0.5 grams
4. Fiber: 16 grams
5. Protein: 12 grams
6. Sodium: 510 milligrams
7. Sugar: 5 grams

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