

Spicy Red Lentil Soup with Veggies

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 onion medium, thinly sliced
- 2 carrots medium, shredded
- 2 zucchini medium, peeled and diced
- 2 tomatoes thinly sliced
- 1 liter vegetable stock
- 2 cups water
- 1 1/2 cups red lentils rinsed
- 2 tablespoons paprika
- 1 tablespoon garlic powder
- 1/2 teaspoon cayenne pepper
- salt to taste
- crushed red pepper

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 41 grams
3. Fat: 5 grams
4. Fiber: 18 grams
5. Protein: 15 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 820 milligrams
8. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Spicy Red Lentil Soup with Veggies above. You can see more 17 turkish spicy red lentil soup recipe Ignite your passion for cooking! to get more great

cooking ideas.