

Turkish-Style Lentil Soup

Yield: 5 min
Total Time: 75 min

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

Ingredients:

- 1/2 ounce dried mushrooms I used porcini
- 1 tablespoon olive oil
- 1 shallot large, finely chopped
- 1 clove garlic minced or crushed
- 3 green chilies or fresh red, seeded and finely chopped
- 1 plum tomato large, finely chopped
- 14 ounces coconut milk
- 4 cups vegetable stock or water
- 1/2 cup brown lentils or French, Puy lentils, rinsed
- 1/2 cup red lentils rinsed
- 2 teaspoons paprika
- 2 tablespoons chopped fresh mint finely
- 1 1/2 teaspoons dried dill
- 1/2 teaspoon sumac
- 1 teaspoon sea salt or to taste
- cracked black pepper fresh, to taste
- 1 lemon 3 tablespoons

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 42 grams
3. Fat: 22 grams
4. Fiber: 16 grams
5. Protein: 14 grams
6. SaturatedFat: 17 grams
7. Sodium: 1250 milligrams
8. Sugar: 7 grams

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