

Turkish Vegan Lentil Meatballs

Yield: 7 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-vegan-recipe>

Ingredients:

- 1 cup red lentils
- 4 cups water
- 1 1/2 cups bulgur fine
- 1/2 cup olive oil
- 1 large onion finely chopped
- 2 tablespoons tomato paste
- 1 teaspoon cumin
- 1/2 teaspoon black pepper
- 1 teaspoon chili powder
- 2 teaspoons salt
- 1/4 cup parsley chopped
- 1/4 cup green onions chopped
- 2 tablespoons lemon juice

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 43 grams
3. Fat: 16 grams
4. Fiber: 15 grams
5. Protein: 11 grams
6. SaturatedFat: 2 grams
7. Sodium: 730 milligrams
8. Sugar: 2 grams

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