

Turkish Lentil Soup

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Time to Prepare: 60 minutes



Cook Time: 40 - 60 minutes



Servings: 6 or more

Ingredients

4 T. Extra-virgin olive oil
1 onion
2 carrots
3 cloves garlic
1-1/4 c. red lentils
2 c. stock of choice
2 c. water
1 t. cumin
1 T. mint
1/2 t. turmeric
Hot sauce to taste

Sauce:

2 T. butter
2 T. Extra-virgin olive oil
1 t. paprika

Cooking Method

1. Chop vegetables and sauté in oil until soft.
2. Add remaining ingredients, cover, and cook over medium low heat.
3. Blenderize in a jar blender or with a stick blender.
4. Taste to adjust seasoning.
5. Mix the sauce, gently heat, and drizzle over individual servings.

Notes:

This delicious soup came along when my friend, Joanne, had shared her latest adventure in exploring international cuisine. First she had baked cakes from around the world, now she was making international soups. I just had to try this one, and was so glad I did. It is one soup that loses no flavor in the freezer, and makes a leftover to look forward to. However, I do make mine in the InstantPot, which cuts down a few minutes of cooking time.