

Red Lentil Soup-Turkish Style

By Dib's on January 05, 2002

★★★★★ 7 Reviews



Prep Time: 10 mins

Total Time: 1 hrs

Servings: 6

Ingredients

- 3 teaspoons butter
- 1 3/4 cups finely chopped onions
- 1 finely chopped carrots
- 1 cup red lentils, washed, picked over and drained
- 2 teaspoons paprika
- 2 teaspoons tomato paste
- 6 cups chicken stock or 6 cups vegetable stock
- 1 cup milk (optional) or lemon juice (optional)
- salt
- pepper
- cayenne pepper
- croutons
- 3 teaspoons fresh mint, snipped

Directions

1. In a medium saucepan melt butter over medium heat.
2. Add onions, lentils and carrots.
3. Cook, stirring often for 5 minutes.
4. Add paprika and tomato paste and stir well to mix.
5. Reduce heat to low and cook for a few minutes.
6. Gradually add stock or water, stirring constantly.
7. Simmer uncovered until lentils are v-e-r-y soft, around 30 minutes.
8. Transfer to a food processor or blender and puree to smooth.
9. Return to pan and add milk or lemon juice to taste.
10. Taste and add salt, pepper and cayenne.
11. Give it 5 minutes and taste again, adjust seasonings.
12. Ladle into bowls and offer croutons and mint at the table.

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