



TURKEY

LUNCH

[PRINTABLE RECIPE PDF](#)

Turkish Lentil Soup

Mercimek Çorbası is a staple in Turkish cuisine, celebrated for its simplicity and nourishing qualities. This lentil soup has been a traditional dish for centuries,

PREP

10 min

COOK

30 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 1 cup red lentils - rinsed and drained
- 1 medium onion - finely chopped
- 1 medium carrot - peeled and diced
- 1 medium potato - peeled and diced
- 2 tablespoons olive oil - extra virgin for best flavor
- 1 teaspoon tomato paste - for depth of flavor
- 4 cups vegetable broth - or water
- 1 teaspoon cumin - ground for aroma
- 1/2 teaspoon red pepper flakes - adjust for heat
- 2 tablespoons fresh lemon juice - for serving
- 2 tablespoons fresh parsley - chopped, for garnish

WHY THIS WORKS

About this recipe

A printable Turkish Lentil Soup recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Mercimek Çorbası is a staple in Turkish cuisine, celebrated for its simplicity and nourishing qualities. This lentil soup has been a traditional dish for centuries, often enjoyed during cold winter months or as a comforting

ORIGIN & TRADITION

Mediterranean context

Mercimek Çorbası is a staple in Turkish cuisine, celebrated for its simplicity and nourishing qualities. This lentil soup has been a traditional dish for centuries, often enjoyed during cold winter months or as a comforting starter in Turkish households.

METHOD

Step-by-step instructions

1

In a medium pot, heat the olive oil over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes.

2

Add the diced carrot and potato to the pot and cook for an additional 3 minutes, stirring occasionally.

3

Stir in the rinsed lentils, tomato paste, cumin, and red pepper flakes. Mix well to combine all ingredients.

4

Pour in the vegetable broth or water, and bring the mixture to a boil. Once boiling, reduce the heat to low and cover the pot.

5

Let the soup simmer for 20-25 minutes, or until the lentils and vegetables are tender.

6

Use an immersion blender to purée the soup to your desired consistency, or leave it chunky if preferred. Season with salt and pepper to taste.

7

Serve hot, drizzling fresh lemon juice on top and garnishing with chopped parsley.

CHEF'S TIP

For an authentic touch, serve the soup with a side of crusty bread to soak up the flavors.

NUTRITION PER SERVING (EST.)

Calories	310 kcal	Fat	8 g
Protein	15 g	Fiber	12 g
Carbohydrates	45 g	Sodium	300 mg

SERVING SUGGESTION

Traditionally served hot, garnished with parsley and a wedge of lemon on the side for added brightness.

[PRINTABLE MEDITERRANEAN RECIPE PDF](#)medtableai.com