Ezogelin Çorbası - Turkish spicy red lentil soup

Preparation time
20 minutes

Cooking time
40 minutes

Serves
4-6

Recipe courtesy of
Beck Watson, Accredited Practising Dietitian (APD). Adapted from a recipe in The Sultan's Kitchen by Özcan Ozan.



Ingredients | Method | Nutrition

2 tbsp extra virgin olive oil

2 tbsp margarine or dairy blend spread

1 medium brown onion, finely diced

2 cloves garlic, minced

2 tbsp tomato paste

1 medium tomato, skinned, seeded, and finely diced substitute for 80g of tinned whole or diced tomatoes for a time-saving option)

2 tbsp paprika

1/2 tsp red chilli pepper (substitutes include dried cayenne pepper or fresh chilli)

1/2 cup (90g) red lentils

1/4 cup (50g) long grain rice

6 cups (1500ml) vegetable stock, preferably no added salt

1/2 cup (50g) Bulgur wheat, fine or medium grit

1 tbsp dried mint

Serve with cracked pepper, lemon wedges, croutons or bread

1. In a medium-sized saucepan, heat the olive oil and margarine over medium heat. Add the onion and garlic and gently cook for about 2 minutes, or until soft but not brown.
2. Stir in the tomato paste, tomato, paprika, and chilli pepper.
3. Add the lentils, rice, and stock.
4. Cover the saucepan and bring the mixture to a boil.
5. Once boiling, lower the temperature to a simmer and leave for about 30 minutes, stirring occasionally, until the rice is cooked and the lentils have blended with the stock.
6. Add the bulgur and mint, season with black pepper, and cook for another 10 minutes, stirring occasionally. Add a little water if the soup is too thick.
7. Serve with lemon, cracked pepper, croutons/bread, and extra mint if desired.

Nutritional information is provided per serve

Engery	1157kJ (277 calories)
Protein	8g
Saturated Fat	4g
Total Fat	15g
Carbohydrates	24g
Sugars	5g
Dietary Fibre	6.5g
Sodium	882mg