

Turkish Red Lentil Soup

3 cups red lentils, washed
6 Tbsps olive oil
3 medium onions, chopped
6 garlic cloves, sliced
3 large carrots, peeled and cut
3 medium Russet potatoes, peeled and diced
3 Tbsps tomato paste
1 Tbsp cumin
1 Tbsp Kosher salt
1-1/2 tsps paprika
1-1/2 tsps dried oregano
3/4 tsps black pepper
3/4 tsps cayenne or Aleppo pepper TO TASTE
15 cups of water or broth
6 tablespoons of butter
3 tsps dried mint (optional)
Lemon juice

Heat oil. Add onions. Sauté 4 mins.

Add garlic. Stir 30 secs.

Add carrots and potatoes. Sauté 4 mins, stirring occasionally.

Add tomato paste, cumin, salt, paprika, oregano, black and cayenne peppers. Stir 1 min. (You may add a bit of broth to make it easier to stir.)

Add broth and lentils. Stir. Bring to boil and reduce heat to simmer for 30 mins, stirring occasionally.

Remove from heat. Stir in mint (optional). Blend with immersion blender until smooth.

Add a squeeze of a fresh lemon.