

## Turkish Red Lentil Soup

Recipe by: Chef Jonathan Poyourow, RD, LD, MA  
Yield: 4-6 servings

### Ingredients:

2 tablespoons olive oil  
½ onion, diced  
1 clove garlic, minced  
¼ cup diced tomatoes, drained  
3 cups chicken stock  
½ cup red lentils  
2 tablespoons tomato paste  
1 teaspoon paprika  
½ teaspoon cayenne pepper (optional)  
2 cups pistachio milk  
1 tablespoon mint  
¾ cup cooked fine bulgur  
¾ cup cooked rice  
Salt and black pepper, to taste



*Photo credit: Edward Lynch '20,  
Stephen Spencer-Advisor,  
JWU Student Food Photography Club*

### Method of Preparation:

1. Heat olive oil in a large pot over high heat. Cook and stir onion in the hot oil until it begins to soften, about two minutes. Add garlic and cook another two minutes. Add diced tomatoes to onion mixture; continue to cook, stirring occasionally, about 10 minutes.
2. Pour in chicken stock, red lentils, tomato paste, paprika, cayenne pepper, milk, and mint to the tomato mixture and season. Bring soup to a boil, reduce heat to medium-low, and cook at a simmer until the lentils are cooked through, about 30 minutes. Add cooked bulgur and rice.
3. Pour soup into a blender, no more than half full. Firmly hold the lid in place and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth; pour into your serving dish. Alternately, you can use a stick blender and puree the soup in cooking pot.

#### Nutritional Analysis:

Calories: 340  
Carbohydrates: 43 g  
Sodium: 400 mg  
Protein: 12 g  
Fat: 14 g  
Fiber: 6 g

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