

EZOGELIN CORBASI

Turkish Red Lentil Soup with Mint & Sumac



INGREDIENTS - serves 4-6, vegan, gluten-free

- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 carrot, finely diced
- 1 stick celery, finely chopped
- 3 or 4 cloves garlic, finely chopped
- 1 tbsp paprika
- 1 tsp cumin seeds
- 1/4 tsp dried chilli flakes
- 1/4 tsp cayenne pepper
- 3 tbsp tomato frito (tomato paste)
- 1 tomato, chopped
- 1 tbsp dried mint
- 150 gr (1 cup) dried lentils, red lentils if possible
- 50 gr (1/4 cup) wholegrain rice
- 50 gr (1/4 cup) quinoa or bulgur wheat
- about 1 1/2 quarts veg stock (or a mix of water & stock)
 - *GRETCHEN USED 2 1/2 QUARTS to thin out the soup and temper the spice for the kids.*
- 1 tbsp sumac (optional)

- salt & black pepper
- fresh mint leaves, chopped for garnish
- sumac for garnish (optional)
- lemon wedges, to serve

Heat the olive oil in a large soup pot over a medium heat. Cook the onions, carrots & celery with a pinch of salt for 4 or 5 minutes until softened and lightly golden. Then add the garlic, cumin seeds, paprika, chilli flakes, cayenne, tomato & tomato paste and cook for a further 5 minutes

Add in the lentils, rice & quinoa (or bulgur wheat) and stir to coat in the tomatoey spices. Add the veg stock/water, season well with salt & black pepper, add the dried mint and bring to the boil. Turn the heat down, cover and simmer for 35-40 minutes everything is tender. GRETCHEN TURNED THE SOUP OFF AND LET IT SIT FOR AN HOUR. IT THICKENED-UP A LOT. SHE THEN ADDED THE EXTRA QUART OF STOCK AND BROUGHT IT BACK TO A BOIL.

If you like you can remove a ladleful of the soup and blend it until smooth, then add it back into the soup. This gives it a smoother thicker consistency. Add the sumac, taste for seasoning, add more salt or mint if necessary. Bring back to the boil.

Serve in warm bowls sprinkled with chopped fresh mint leaves, a little sumac and some lemon wedges to squeeze over.

<http://veggiegrettie.com/2011/05/12/guest-blog-lentilsoup-celv/>