TURKISH · LUNCH · DINNER

Turkish Red Lentil Soup

32 min · Serves 6 · 263 kcal a serve · Video 9:27 · The Mediterranean Dish

Vegan · Gluten-free ingredients · No nuts listed

Red lentils and vegetables give each bowl about 10 g of plant protein and 6 g of fibre, plus folate, iron and plenty of vitamin A from the carrots, and the potato makes it creamy without any cream.

Diet notes: Low saturated fat (1.7 g, 6% of the energy).

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Ingredients 13 · SERVES 6

- [ ] 5 tbsp extra **virgin olive oil** (2 for cooking, 3 for the Aleppo-pepper oil)
- [ ] 1 medium **yellow onion**, chopped
- [ ] 3 **garlic** cloves, minced (2 for the soup, 1 for the oil)
- [ ] 2–3 **carrots**, peeled and chopped
- [ ] 1 medium **russet potato**, peeled and diced
- [ ] **kosher salt**, to taste
- [ ] 2 tbsp **tomato paste**
- [ ] 1.4 L **low-sodium vegetable broth**
- [ ] 2 tsp **Aleppo pepper**, divided
- [ ] 1 tsp **ground cumin**
- [ ] ½ tsp **ground coriander**
- [ ] 190 g **split red lentils**, picked over and rinsed
- [ ] 1 large **lemon**, cut into wedges for squeezing

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat 2 tbsp of the olive oil in a large pot over medium-high until shimmering. Add the potato, carrot, onion and 2 cloves of garlic with a pinch of salt and cook 5–7 minutes until they start to soften. 3:21
2. Stir in the tomato paste, then pour in the vegetable broth. Season with cumin, coriander and 1 tsp Aleppo pepper; taste the broth and adjust. 4:29
3. Add the rinsed red lentils and boil 4–5 minutes, then lower to a simmer, partly cover and cook 15–20 minutes until the lentils collapse and the vegetables are tender. 6:15
4. Meanwhile warm the remaining 3 tbsp olive oil in a small pan with the last garlic clove and the rest of the Aleppo pepper until the garlic is golden and the oil turns red; take it off the heat. 7:02
5. Let the soup cool slightly, then blend until smooth and creamy. Serve with a squeeze of lemon and a drizzle of the Aleppo-pepper oil. 7:47

> **Tip** Keeps 5 days in the fridge and freezes well. If it gets too thick, add 120–240 ml more broth. Chicken broth can replace the vegetable broth (then it is no longer vegan).

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
263 kcal	9.9 g	31 g	5.6 g	12 g	1,020 mg
1,100 kJ	20% of a day	26 g net · 6.1 g sugars	20% of a day	1.7 g saturated	44% of a day
		11% of a day		16% of a day	

Energy from net carbs 41% · protein 16% · fat 43%

High in (20%+ of a day) Folate 35% · Vitamin A 29% · Iron 20%

Source of (10–19%) Vitamin B6 19% · Vitamin E 16% · Potassium 15% · Vitamin C 13% · Magnesium 12% · Zinc 12% · Vitamin K 11%

Recipe and video: The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=srnFEHpq184, published 27 October 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tmd-turkish-red-lentil-soup