

Turkish Lentil Soup

Ingredients

2 T Olive Oil	1 Yellow Onion
3 Carrots (small, peeled and	diced)
1 Potato (medium, peeled and	diced)
2 clv Garlic (sliced)	1 T Tomato Paste
1 t Cumin	1 t Kosher Salt
1/2 t Paprika	1/2 t Dried Oregano
1/4 t Ground Black Pepper	1/4 t Cayenne
5 c Chicken Broth	1 c Red Lentils
1 t Dried Mint	1 Lemon (cut into wedges)

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Instructions

- 1.Heat the olive oil in a large, heavy-bottomed pot. Once the oil is hot, add the diced onion and sautÃ© for 4 minutes.
- 2.Add the diced carrot and diced potato to the pot. SautÃ© for 4 minutes, stirring occasionally. Add the garlic and stir for 30 seconds. Add the tomato paste, cumin, salt, paprika, oregano, black pepper, and cayenne. Stir for 30 seconds and then deglaze the bottom of the pot with a small amount of the chicken broth.
- 3.Add the remaining broth and lentils. Stir and increase heat till the soup is boiling. Reduce the heat and allow to simmer for 30 minutes. Stir occasionally.
- 4.If the soup is getting too thick, add up to 1 cup of water. Remove the soup from the heat and stir in the dried mint. Using an immersion blender, blend the soup till it's creamy and all the ingredients are incorporated.
- 5.Serve with lemon wedges.