

Ezogelin Soup (Ezogelin Çorbası)

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Ezogelin Soup is one of the most popular soups in Turkey. It is cooked especially in winter. It is a very delicious and nutritious soup because different kinds of grains are used for cooking this soup. A person who eats this soup can easily be filled up. I have cooked this soup for my friends in the US, and they all have loved it.

Ingredients:

1 cup of lentil, 1 tbsp. rice, 2 tbsp. bulgur, 1 medium onion, 2 tbsp. tomato paste, 1 tbsp. pepper paste, 1 tbsp. dry mint, 1 tbsp. chili pepper, 1 tbsp. salt, 5-6 tbsp. olive oil, 3 cups warm water

Directions:

1. Firstly, mince onion into small pieces.
2. Add 5-6 tbsp. olive oil in a big pot and add minced onions.
3. Sauté the onions until they turn golden brown.
4. Add 1 tbsp. dry mint and 1 tbsp. chili pepper and sauté for one more minute.
5. Add 2 tbsp. tomato paste and sauté for one more minute.
6. Add 1 cup red lentil, 1 tbsp. rice and 2 tbsp. bulgur and 1 tbsp. salt. Mix and sauté together for one minute.
7. Add 3 cups of warm water and boil until it completely cooks. (Approximately 20 minutes). If it is too intense, you can add water and boil for 2-3 minutes.