

Name Vickie

Recipe **Turkish Ezo Gelin Soup**

Type Soup & Salad

Instructions Turkish Ezo Gelin Soup (Ezo the Bride)

Â½ c red lentils
Â¼ c. bulgur wheat
Â¼ c. rice
1 medium onion, finely chopped
2 T tomato paste
1 clove garlic, crushed
1 small tomato, chopped, discarding seeds
1 T flour
Â½ T butter
Â½ T olive oil
1 tsp. paprika
1 T dried crushed mint leaves
Salt, pepper and red pepper flakes, to taste

Boil 6 cups water and add lentils, rice and bulgur to water and boil 20 minutes. Add chopped onion and tomato and some salt, reduce heat and continue to cook for 10 minutes. In a small saucepan, sautÃ© flour in butter and olive oil until golden brown. Add tomato paste, garlic, mint, paprika and red pepper until fragrant. Put 1 cup of the soup water into the saucepan and blend well before adding the fragrant tomato-paste blend to the soup kettle. Serve this low-fat soup with lemon wedges and fresh, hot bread.