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Simply Seasonal

Turkish Spinach & Lentil Soup

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Turkish Spinach & Lentil Soup

- *1 cup dry lentils
- 5-8 cups stock or water
- ¼ cup olive oil
- *2 cups onions, chopped
- *3 garlic cloves, pressed
- 1/8-¼ tsp cayenne, to taste
- 2 bay leaves
- ½ cup raw bulgur
- *¼ cup parsley + additional for garnish
- *2 cups tomatoes, chopped
- 1 Tbsp sugar
- ¼ cup tomato paste
- *Pinch of dried rosemary
- Salt and pepper to taste
- *2 cups fresh spinach, chopped
- *Plain yogurt for garnish
- *can be found locally

Directions

1. Rinse lentils and bring to a boil in stock. Reduce heat and simmer, covered, for about 40 minutes.
2. Heat oil in a large soup pot and sauté onions.
3. Add garlic, cayenne, bay leaves, and bulgur. Stir over medium heat until onions are soft.
4. Stir in parsley, tomatoes, and sugar. When tomatoes begin to give up their juice, gently stir in tomato paste.
5. Pour cooked lentils and their liquid into soup pot. Simmer 15 minutes.
6. Add rosemary, salt, and pepper. Remove bay leaves.
7. Just before serving, stir in spinach and let it wilt in the hot soup. Garnish each bowl with chopped fresh parsley and a dollop of yogurt.