

Smoky Turkish Red Lentil Soup

PREP TIME:

5 minutes

COOKING TIME:

LOW: 6-7 hours
or
HIGH: 3 hours

SERVES:

4 - 6

pair with an aromatic
and full bodied Verdejo
white wine

INGREDIENTS:

2 tbsp olive oil
1 cup / 1 medium onion, diced
1 cup / 1 medium carrot, diced
2 cups red lentils
1 packet Smoky BBQ
1 x 14 oz can of diced tomatoes
4 cups vegetable broth + 2 cups water
1 lemon
1/4 cup fresh mint preferably, or parsley

PREPARE:

heat the olive oil in a skillet on medium; sauté
the onion & carrot for 2 - 3 minutes

transfer the onion mixture to the slow cooker

add the lentils, Smoky BBQ, tomatoes, broth
and water

stir, cover & cook on LOW: 6-7 hrs / HIGH: 3
hrs.

serve with a squeeze of lemon juice

fresh mint or parsley to garnish

