

Turkish-Style Red Lentils

1 tbsp olive oil

1 onion, diced

¼ cup tomato paste

2 tsp flour

1 ½ cup red lentils

1 carrot, diced

4 cups water

2 tsp cumin

Salt & pepper to taste

Directions

1. Saute onion in olive oil until it becomes translucent.
2. Add tomato paste and continue to cook for 2-3 minutes. Add flour until well combined.
3. Add lentils, water, carrots, cumin, salt, and pepper. Simmer until lentils are tender, about 20-30 minutes.
4. Optional: blend slightly to make the soup more smooth.