



Ingredients:

- 1 cup (200 g) red lentils, rinsed
- 1 medium onion, chopped
- 1 carrot, diced
- 1 potato, diced (optional)
- 2 tbsp olive oil or butter
- 1 tbsp tomato paste
- 1 tsp ground cumin
- 1 tsp dried mint 
- ½ tsp paprika
- ½ tsp black pepper
- Salt, to taste
- 5 cups (1.2 liters) water or vegetable/chicken broth

Cooking process:

1. Heat olive oil or butter in a pot over medium heat.
2. Add the chopped onion and cook until soft and translucent.
3. Stir in the tomato paste and cook for 1 minute.
4. Add carrot, potato (if using), cumin, dried mint, paprika, salt, and black pepper. Mix well.
5. Add the red lentils and water or broth.
6. Bring to a boil, then reduce heat and simmer for 20–25 minutes until everything is tender.
7. Blend until smooth using an immersion blender or regular blender.
8. Taste and adjust seasoning if needed.

Serving Tips

1. Lemon wedges 
2. Chili flakes (pul biber)
3. Butter + paprika + dried mint drizzle

Perfect as a comfort food, holiday starter, or cozy dinner  



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