

Ezo Gelin Soup

Traditional Turkish Ezo Gelin Soup with red lentils and bulgur. A comforting, nutritious soup perfect for cold days. Easy 35-minute recipe serves 4.

10	25	35	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Ezo Gelin Soup

Ingredients

- 0.5 cup red lentil
- 0.5 cup cracked wheat
- 1 tsp chili flakes
- 2 tbsp sunflower oil
- 1 tbsp tomato paste
- 1 onion
- 0.5 tbsp salt
- 0.5 tbsp dry mint

Instructions

- Prepare the aromatics**

Heat 1 tablespoon olive oil in a large saucepan over medium heat (175°C/350°F). Add 1 finely diced onion and cook, stirring occasionally, until soft and translucent, about 5-6 minutes.
- Add 2 tablespoons tomato paste and 1 teaspoon red pepper flakes to the softened onion. Cook, stirring constantly, until the paste darkens and becomes fragrant, about 1-2 minutes.**
- Add the lentils and bulgur**

Pour in 4 cups hot water and bring to a boil over high heat. Add ½ cup red lentils and ½ cup fine bulgur, stirring to combine.
- Reduce heat to medium-low and simmer uncovered, stirring occasionally, until the lentils are completely tender and beginning to break down, about 20-25 minutes.**
- Make the garnish oil**

Heat ½ tablespoon olive oil in a small pan over medium heat. Add ½ tablespoon dried mint, crushing it between your fingers as you add it, and cook until fragrant, about 30 seconds.
- Finish and serve**

Season the soup with salt and pepper to taste. Ladle into bowls and drizzle each serving with the mint oil. Serve immediately while hot.

Tips

Rinse red lentils thoroughly before cooking to remove any dust or debris and ensure a cleaner-tasting soup.

Sauté the onions until translucent but not browned to maintain the soup's clean, bright flavor profile.

Toast the tomato paste for 30 seconds after adding it to the pan to deepen its flavor and remove any raw taste.

Add bulgur and lentils simultaneously so they cook evenly and reach the perfect texture together.

Taste and adjust seasoning at the end – you may need more salt or a pinch of sugar to balance the acidity from the tomatoes.

For a silkier texture, use an immersion blender to partially blend the soup, leaving some chunks for interest.

Prepare the spiced oil garnish just before serving to maintain its vibrant color and fresh flavor.

If the soup becomes too thick upon standing, thin it with hot water or broth rather than cold liquid to maintain temperature.