

Noodle Soup with Lentils

Hearty Turkish noodle soup with green lentils. A nutritious, protein-rich comfort food perfect for cold days. Easy 35-minute recipe with simple ingredients.

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

Noodle Soup with Lentils

Ingredients

- 0.5 cup green lentil
- 1 onion
- 1 cup short noodle
- 0.5 tbsp butter
- 0.5 tbsp salt
- 5 sprig parsley

Instructions

- 1 Cook the lentils**

Rinse 0.5 cup green lentils under cold water until water runs clear. Place in a medium saucepan with 3 cups water and bring to a boil over high heat. Reduce heat to medium-low and simmer for 15-20 minutes until lentils are tender but still hold their shape when pierced with a fork.
- 2 Prepare the aromatics**

While lentils cook, finely dice 1 onion into 1/4-inch pieces. Heat 0.5 tablespoon olive oil in a large pot or Dutch oven over medium heat until it shimmers, about 1-2 minutes.
- 3** Add diced onion to the hot oil and cook, stirring occasionally, until softened and translucent, about 5-6 minutes.
- 4 Combine ingredients**

Drain cooked lentils, reserving 2 cups of the cooking liquid. Add lentils and reserved cooking liquid to the pot with onions. Add 1 cup noodles and bring to a boil over medium-high heat.
- 5** Reduce heat to medium-low and simmer for 8-10 minutes until noodles are tender. Add more water if soup becomes too thick - it should have a brothy consistency.
- 6 Season and serve**

Season with 0.5 tablespoon salt and pepper to taste. Remove from heat and finely chop 5 sprigs fresh parsley. Ladle soup into bowls and garnish with chopped parsley before serving immediately.

Tips

Rinse green lentils thoroughly before cooking to remove any debris and reduce cooking foam that may form during the initial boiling phase.

Toast the noodles lightly in the oil before adding liquid for extra flavor depth and to prevent them from becoming mushy during cooking.

Add the noodles during the last 10-12 minutes of cooking to prevent overcooking and maintain their texture.

Season with salt towards the end of cooking, as adding it too early can toughen the lentils and extend cooking time.

Keep some extra broth or water on hand to adjust consistency, as the soup will thicken as it sits and the noodles absorb more liquid.

Fresh herbs make a significant difference – add parsley just before serving to maintain its bright color and fresh flavor.

For richer flavor, sauté the chopped onions until golden before adding them to the soup rather than adding them raw.

A bay leaf added during cooking and removed before serving will add subtle depth to the overall flavor profile.