

Chicken and Red Lentil Soup With Lemony Yogurt

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Updated Jan. 16, 2025

Total Time 1 hour
Prep Time 15 minutes
Cook Time 45 minutes
Rating ★ ★ ★ ★ ★ (4,345)

If you're feeling a bit worn down, one bowl of this hearty lentil soup will bring you back to life — or at least fool you into thinking so. The broth is simply (and deeply) flavored with charred onions and six garlic cloves, plus a generous pinch of turmeric that stains the soup gold. As they cook down, the lentils melt into the broth, making it thick and rich. A healthy dose of black pepper brings gentle heat to clear your head, and the final sprinkle of fresh dill and parsley adds a bright, herbal finish. This soup is soothing and satisfying on its own, but feel free to add a few extras: hearty greens like kale or spinach to wilt, a soft-boiled egg, or even chile oil for some heat.

INGREDIENTS

Yield: 4 servings

3 tablespoons extra-virgin olive oil
2 large onions, thinly sliced
6 garlic cloves, thinly sliced
1 pound boneless, skinless chicken thighs
1½ cups red lentils, rinsed
1 teaspoon ground turmeric
Salt and freshly ground black

PREPARATION

pepper

1 cup finely chopped mix of
parsley, dill and mint

1 cup plain full-fat regular or
Greek yogurt

2 tablespoons fresh lemon juice
(from 1 large lemon)

Step 1

Heat oil in a large pot over medium-high. Add the onions and cook, stirring often, until deeply charred around the edges and tender, 10 to 12 minutes. Add the garlic and cook, stirring often, until softened, 2 to 3 minutes.

Step 2

Add the chicken, lentils and turmeric, and season generously with salt and lots of pepper. Toss everything a few times so that the turmeric can coat the other ingredients.

Step 3

Pour in 8 cups water, turn the heat to high and bring to a boil. Then, adjust heat to medium-low and cook, stirring occasionally, until the lentils have split and collapsed into the broth in a golden mush and the chicken is cooked through, 20 to 25 minutes.

Step 4

Using tongs, remove the chicken thighs, let them cool slightly, then shred and return to the pot. Sprinkle in the herbs, taste and season with salt and pepper as necessary.

Step 5

In a small bowl, combine the yogurt and lemon juice and season with salt. (If using Greek yogurt, thin with water until it reaches a runny consistency.)

Step 6

Ladle the soup into bowls, then spoon the lemony yogurt over before serving.

Private Notes

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