



Jordanian Lentil Soup

Ingredients to Add

- ½ cup carrots, finely chopped
- 2 tablespoons olive oil
- 2 tablespoons butter
- lemon juice, salt, and pepper to taste
- 6 cups water

What's in the jar?



- 2 tablespoons chicken or vegetable bouillon (equivalent to 6 cups broth)
- 2½ cups dried lentils
- 4 tablespoons dried minced onion

Powered by the belief that a better world is possible, Mercy Corps partners to put bold solutions into action — helping people triumph over adversity and build stronger communities from within.



Jordan — © Sumaya Agha for Mercy Corps

Photo: Fadia, left, fled violence in Syria with her husband and six children. Now living in Jordan, she is a community leader in a Mercy Corps program that builds connections and reduces tensions between refugees and their host communities.

Cooking Instructions

1. In a large pot, combine all ingredients from jar with 6 cups water, ½ cup carrots, and 2 tablespoons each of olive oil and butter. Cook for 30 minutes.
2. Puree in blender or mash until smooth — careful, it's hot!
3. Stir in lemon juice, salt, and pepper to taste before serving

“In Jordan, you know it’s winter when you smell this soup. Lemon when serving is a must!”

Recipe from Lamia, Mercy Corps Jordan team member.