



Growing connections to fresh food.

Turkish Yogurt Soup

Inspired by Peter Sommers Travel

Contributed by Hopelink Harvest Volunteer: Craig S.

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 16 ounces yogurt
- Two medium cucumbers, peeled and diced, or grated
- 1-2 cloves of garlic, minced
- ½ cup ice water
- ¼ tsp dried mint, or 4-6 fresh mint leaves, minced
- ¼ cup olive or vegetable oil
- Salt
- Fresh ground black pepper
- *Optional ingredients:* 1 grated carrot, 2 chopped green onion, ¼ tsp dried oregano, ¼ tsp dried dill, red pepper flakes

Method:

1. In a medium bowl, mix yogurt, olive oil and cucumbers.
2. Stir in garlic, ice water and mint.
3. Add salt and pepper to taste and refrigerate two hours. Serve cold, with a drizzle of more olive oil on top. Enjoy!



www.hopelink.org/take-action/hopelink-harvest



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