

Mulligatawny Soup (Indian Curry Soup)

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-pepper-pot-soup-recipe>

Ingredients:

- 2 tablespoons ghee
- 1 yellow onion minced
- 1 medium carrot minced
- 1 pound boneless, skinless chicken breasts cubed
- 2 garlic cloves minced
- 1 tablespoon curry powder
- 2 cups chicken broth
- 1 can full fat coconut milk
- 1 tablespoon honey
- salt
- pepper
- 1 green apple diced
- chopped cilantro for garnish, optional
- lime wedges for garnish, optional

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 75 milligrams
4. Fat: 34 grams
5. Fiber: 6 grams
6. Protein: 30 grams
7. SaturatedFat: 22 grams
8. Sodium: 390 milligrams
9. Sugar: 14 grams

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