

Indian Spiced Black Bean Soup

Yield: 10 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/burger-black-bean-patty-recipe-indian>

Ingredients:

- 1 pound black beans
- 1 1/2 cups onions chopped, 1 medium or 1/2 large
- 1 cup chopped carrot 1 large
- 1 1/2 tablespoons chopped garlic about 3 large cloves
- 3 tablespoons olive oil
- 1 1/2 tablespoons curry powder
- 2 teaspoons cumin
- 1 teaspoon cinnamon
- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne pepper more for a spicier soup
- 1 bay leaf
- 10 cups water vegetable broth or chicken broth or a combination
- kosher salt
- fresh ground black pepper
- 28 ounces diced tomatoes canned, drained
- plain greek yogurt
- mint Chopped, or parsley
- pomegranate seeds

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 17 grams
3. Fat: 4.5 grams
4. Fiber: 6 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 280 milligrams
8. Sugar: 6 grams

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