

Mulligatawny (AIP, Paleo, Vegan-Friendly)

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/cabbage-onion-soup-indian-recipe>

Ingredients:

- 1 tablespoon avocado oil
- 4 cloves garlic minced
- 1 inch fresh ginger grated
- 2 teaspoons curry powder for AIP blend see below
- 1 teaspoon turmeric
- 1 onion diced
- 1/2 head cauliflower chopped
- 2 apples diced
- 1 sweet potato diced
- 1/2 head cabbage shredded
- 1 quart bone broth veggie broth, or filtered water
- sea salt
- black pepper
- 1 cup coconut milk
- 1 lime juiced
- lime optional
- cilantro optional
- scallions optional
- avocado optional
- cooked shredded chicken optional
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- quinoa optional
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- rice optional
- 1 tablespoon turmeric
- 1 tablespoon cilantro
- 2 teaspoons ginger
- 2 teaspoons garlic
- 1 teaspoon canela
- 1/2 teaspoon fenugreek
- 1/4 teaspoon cloves

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Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 55 milligrams
4. Fat: 29 grams
5. Fiber: 13 grams
6. Protein: 28 grams
7. SaturatedFat: 16 grams
8. Sodium: 800 milligrams
9. Sugar: 19 grams

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