

Indian Mulligatawny Soup

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/tornado-potato-recipe-indian>

Ingredients:

- 1 tablespoon butter or ghee, which is clarified butter
- 1 onion medium, chopped
- 4 cloves garlic minced
- 2 teaspoons fresh ginger grated
- 2 green chili peppers chopped
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1 1/4 teaspoons ground coriander
- 1 1/2 teaspoons ground cumin
- 1 teaspoon ground turmeric
- 4 cardamom pods bruised
- 1 teaspoon curry powder
- 1 cup carrots chopped
- 1 potato large, peeled and diced
- 1 cup red lentils rinsed and drained
- 8 cups chicken broth
- 2 cups coconut milk
- 2 tablespoons fresh cilantro chopped

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 5 milligrams
4. Fat: 25 grams
5. Fiber: 15 grams
6. Protein: 19 grams
7. SaturatedFat: 18 grams
8. Sodium: 140 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Indian Mulligatawny Soup above. You can see more 17 tornado potato recipe indian Dive into deliciousness! to get more great cooking ideas.