

Chana Dal Veggie Soup

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-recipe-of-indian-vegetable-stew>

Ingredients:

- 1/2 cup split chickpeas chana dal, washed or use yellow split peas, preferably soaked for half an hour
- 3 cups water
- 1 teaspoon oil
- 1/2 medium onion chopped
- 5 cloves garlic chopped
- 1/2 inch ginger finely chopped
- 1 teaspoon Garam Masala
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1 teaspoon turmeric
- 1/2 teaspoon cayenne
- 2 tomatoes juicy, pureed or 1 1/4 cup
- 1 1/2 cups veggies or more, chopped small I used sliced carrots, small cauliflower florets and cubed butternut squash
- 3/4 teaspoon salt or more
- lemon optional
- cilantro optional

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 25 grams
3. Fat: 2 grams
4. Fiber: 11 grams
5. Protein: 8 grams
6. Sodium: 460 milligrams
7. Sugar: 4 grams

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