

Mexican Red Lentil Stew with Lime and Cilantro

Yield: 5 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/tim-hortons-mexican-soup-recipe>

Ingredients:

- 1 cup red lentils
- 2 cups water
- 1 tablespoon olive oil
- 1 onion finely chopped
- 1 cup chopped celery finely
- 1 tablespoon minced garlic or less, but I like a lot of garlic
- 1/4 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon chile powder
- 1 can roasted tomatoes I like petite dice tomatoes for soup
- 2 cups vegetable broth
- 1 teaspoon green Tabasco sauce or other hot sauce of your choice. Green Tabasco is fairly mild, so you may want less if you use a stro...
- salt
- ground black pepper
- 1/4 cup lime juice fresh squeezed, 2-3 limes, or less if you're not that into lime
- 1 cup chopped fresh cilantro
- sour cream optional
- limes optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Fiber: 14 grams
6. Protein: 11 grams

7. SaturatedFat: 1 grams
 8. Sodium: 570 milligrams
 9. Sugar: 4 grams
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