

Green Lentil Soup

Yield: 5 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/lentilles-vertes-indian-recipe>

Ingredients:

- 5 tablespoons unsalted butter
- 1 yellow onion large, chopped
- 3 garlic cloves minced
- 1/2 teaspoon red pepper flakes
- 5 1/2 cups vegetable stock or water, plus more as needed
- 1 1/2 cups green lentils or green split peas, picked
- 3/4 teaspoon fine grain sea salt plus more, to taste
- 1 tablespoon Madras curry powder
- 1/2 cup coconut milk
- 1 bunch fresh chives minced

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 30 milligrams
4. Fat: 18 grams
5. Fiber: 19 grams
6. Protein: 16 grams
7. SaturatedFat: 12 grams
8. Sodium: 1400 milligrams
9. Sugar: 5 grams

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