

Lentil & Oat Soup, Oat Soup With Red Lentils

Yield: 3 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/haba-flocken-swiss-oat-soup-recipe>

Ingredients:

- 1/3 cup red lentil
- 1/3 cup oats
- onion / pyaz - 1 large size, chopped
- tomato / tamatar - 1 medium size, finely chopped
- capsicum / shimla mirch - 1/2 medium size, cut into small pieces
- 1 teaspoon jeera
- red chili / lal mirch - 2 pieces
- green chili / hara mirch - 2, cut into small pieces
- black pepper / kali mirch - 1 tsp, powder
- salt as needed
- 1 tablespoon oil
- 1 1/2 cups water

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 30 grams
3. Fat: 6 grams
4. Fiber: 10 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 270 milligrams
8. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Lentil & Oat Soup, Oat Soup With Red Lentils above. You can see more 16 haba flocken swiss oat soup recipe Prepare to be amazed! to get more great cooking ideas.