

Slow Cooker Spicy Vegetable Lentil Stew

Yield: 14 min
Total Time: 315 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-crock-pot-recipe-indian-soup>

Ingredients:

- 2 teaspoons olive oil
- 2 onions medium, diced
- 4 carrots large, diced
- 2 red bell pepper chopped
- 2 celery ribs chopped
- 4 cloves garlic minced
- 1 teaspoon curry ground
- 1 teaspoon ground ginger
- 1 teaspoon ground cardamom
- 1 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground cayenne pepper
- 2 cups cauliflower chopped
- 2 cups lentils
- 8 cups chicken broth
- 14 ounces crushed tomatoes
- 2 bay leaves
- 4 cups fresh spinach chopped
- 1 lemon

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 27 grams
3. Fat: 2.5 grams
4. Fiber: 12 grams
5. Protein: 12 grams
6. Sodium: 280 milligrams

7. Sugar: 3 grams

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