

Mulligatawny | Indian Lentil Soup

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/apple-cake-recipe-indian-style>

Ingredients:

- 3 tablespoons butter
- 1 onion
- 1 carrot
- 1 pepper
- 3 cloves
- 2 teaspoons fresh ginger
- 2 apple
- 1/2 tablespoon Garam Masala
- 1/2 tablespoon curry powder
- 1 teaspoon paprika
- 1/2 teaspoon cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon coriander
- diced tomatoes * 400 g, 14.5 oz
- 4 1/4 cups vegetable broth
- 1/2 cup red lentils
- 1 11/16 cups coconut milk
- salt
- pepper
- 1/2 bunch cilantro

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 20 milligrams
4. Fat: 27 grams
5. Fiber: 12 grams

6. Protein: 8 grams
 7. SaturatedFat: 21 grams
 8. Sodium: 1030 milligrams
 9. Sugar: 14 grams
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