

Slow Cooker Indian Potato Kale Soup

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/potato-chickpea-indian-dish-recipe-epicurious>

Ingredients:

- 3 cups vegetable broth Easy Slow Cooker
- 1 cup chickpeas
- 4 tomatoes medium, diced
- 1 pound potatoes diced, unpeeled
- 1 cup red onion diced
- 2 tablespoons curry paste
- 1 tablespoon minced garlic
- 2 teaspoons coriander ground
- 1 teaspoon garam masala
- 1/2 pound kale de-ribbed and chopped
- salt
- pepper

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 49 grams
3. Fat: 1 grams
4. Fiber: 8 grams
5. Protein: 9 grams
6. Sodium: 1090 milligrams
7. Sugar: 9 grams

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