

Copycat Amy's Indian Golden Lentil Soup

Yield: 5 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-dal-golden-lentil-soup-recipe>

Ingredients:

- 1 cup diced onion 1 small
- 18 grams garlic cloves minced
- 2 tablespoons minced ginger
- 1/2 teaspoon cumin seed
- 1/3 cup yellow split peas
- 1/2 cup red lentils
- 14 1/2 ounces diced tomatoes can of
- 4 cups vegetable broth
- 1 cup chopped carrots about 3 carrots
- 2 tablespoons apple cider vinegar
- 1 teaspoon maple syrup
- 2 tablespoons curry seasoning
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon sea salt
- 1/4 teaspoon chili powder
- 1/4 teaspoon coriander
- 1/4 teaspoon black pepper

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 33 grams
3. Fat: 0.5 grams
4. Fiber: 12 grams
5. Protein: 10 grams
6. Sodium: 1020 milligrams
7. Sugar: 9 grams

Thank you for visiting our website. Hope you enjoy Copycat Amy's Indian Golden Lentil Soup above. You can see more 17 indian dal golden lentil soup recipe Dive into deliciousness! to get more great cooking ideas.