

# Yellow Lentil Dal (Indian Lentil Soup - Vegan)

Yield: 2 min  
Total Time: 25 min

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

## Ingredients:

- 3/4 cup yellow lentils
- 1 1/4 cups vegetable broth
- 1 small onion
- 2 garlic cloves
- 1 piece ginger
- 1 tablespoon vegan butter or oil
- 1/2 teaspoon turmeric
- 1/2 teaspoon coriander
- 1/2 teaspoon cumin
- 1/4 teaspoon Chili chopped, or 1/2 tsp paprika powder
- 1/4 teaspoon garam masala powder
- 1/2 cup coconut milk
- 1/2 lemon juice
- salt
- pepper
- sugar a bit of
- fresh parsley
- cashew nuts
- Chili more

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 10 milligrams
4. Fat: 25 grams
5. Fiber: 28 grams
6. Protein: 28 grams

7. SaturatedFat: 15 grams
  8. Sodium: 1170 milligrams
  9. Sugar: 16 grams
- 

Thank you for visiting our website. Hope you enjoy Yellow Lentil Dal (Indian Lentil Soup - Vegan) above. You can see more 19 indian lemon lentil soup recipe Experience flavor like never before! to get more great cooking ideas.