

Indian Spiced Red Lentil & Chicken Soup

Yield: 5 min
Total Time: 45 min

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

Ingredients:

- 2 tablespoons vegetable oil
- 1 tablespoon Garam Masala curry powder is a fine substitute
- 3 medium carrots diced into 1/4-inch chunks
- 1 yellow onion medium, finely chopped
- 1 tart yet-sweet apple, such as Honeycrisp or Fuji, peeled and finely chopped
- 2 celery stalks medium, finely chopped
- 6 cups low sodium chicken broth best quality such as Swanson
- 1 cup unsweetened coconut milk canned
- 1 cup red lentils
- 1/4 teaspoon ginger powder
- 3/4 teaspoon salt
- 2 cups cooked chicken shredded, skinless, from a store-bought rotisserie chicken or leftovers
- 2 tablespoons fresh lime juice
- 6 lime wedges
- 1 pinch cayenne pepper optional
- 1/2 cup chopped fresh cilantro for serving

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 50 milligrams
4. Fat: 28 grams
5. Fiber: 19 grams
6. Protein: 34 grams
7. SaturatedFat: 13 grams
8. Sodium: 530 milligrams
9. Sugar: 8 grams

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