

Indian Lentil Stew

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 2 tablespoons coconut oil cold-pressed
- 1 large onion chopped
- 1 tablespoon curry powder add more to taste if you like
- 2 tablespoons flour
- 20 ounces vegetable broth
- 1 cup dried lentils sorted and rinsed
- 1/2 teaspoon salt I use pink salt
- 3/4 cup apple juice
- 4 cups sweet potatoes peeled and diced, 1" pieces
- 1 1/4 cups frozen sweet peas
- 1/8 teaspoon marsala garam, for spicer stew
- 1/2 cup full fat coconut milk added at the end for creamer stew

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 70 grams
3. Fat: 15 grams
4. Fiber: 21 grams
5. Protein: 17 grams
6. SaturatedFat: 12 grams
7. Sodium: 950 milligrams
8. Sugar: 14 grams

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