

Spiced Coconut Lentil Soup

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 1/2 red onion large, finely chopped
- 1/2 red chili
- 1 piece ginger peeled
- 1 clove garlic
- 1 cup red lentils
- 10 ounces coconut milk
- 3 cups water filtered
- 1 vegetable bouillon scant teaspoon vegan
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1 teaspoon cumin
- Himalayan salt pink
- black pepper
- 1 lime juiced
- 1 teaspoon coconut oil

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 40 grams
3. Fat: 19 grams
4. Fiber: 19 grams
5. Protein: 15 grams
6. SaturatedFat: 16 grams
7. Sodium: 25 milligrams
8. Sugar: 4 grams

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