

Easy Indian Lentil Soup

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 9/16 cups masoor dal aka red split lentil
- 1 tablespoon oil
- 1 medium onion sliced
- 1 teaspoon black mustard seeds
- 3 curry leaves optional, see Notes
- 1 tomato regular, diced
- 1 tablespoon ginger garlic paste homemade or store-bought ginger garlic paste, see Note
- 1/4 teaspoon turmeric powder
- 1 teaspoon red chili pepper Powder
- 1/4 teaspoon black pepper Powder
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 4 1/4 cups broth
- nutmeg pinch scraped
- 1 pinch salt
- 1 lime
- chopped fresh cilantro Garnish with, Coriander, optional

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 29 grams
6. Protein: 30 grams
7. SaturatedFat: 1 grams
8. Sodium: 1040 milligrams
9. Sugar: 6 grams

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