

Indian Dal Soup

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-stew-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 white onion large, diced
- 2 cloves garlic minced
- 1 tablespoon fresh ginger grated
- 1/2 teaspoon cayenne pepper
- 2 teaspoons turmeric
- 2 teaspoons coriander
- 2 teaspoons cumin
- 2 teaspoons Garam Masala
- 1 tablespoon salt
- 8 cups water
- 1 1/2 cups brown lentils dried
- 15 ounces diced tomatoes unsalted
- 3/4 cup plain greek yogurt nonfat
- 1/2 cup chopped cilantro

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 17 grams
6. Protein: 15 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1220 milligrams
9. Sugar: 5 grams

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