

Curried Squash Soup with Lamb Meatballs

Yield: 11 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-recipe-with-squash>

Ingredients:

- 3 tablespoons olive oil
- 1 leek medium, chopped, white part only
- 1 yellow bell pepper diced
- 1 carrot large, diced
- 1 turnip medium, diced
- 1/2 teaspoon cumin seeds or ground cumin
- 1 teaspoon yellow mustard seeds
- 1 teaspoon turmeric
- 1 tablespoon curry powder
- 4 cloves garlic minced
- 700 grams sweet potatoes diced
- 1/2 head cauliflower cut into florets
- 6 cups chicken broth
- 2 cups water
- 2 teaspoons salt
- 1 cup frozen corn kernels
- 1 squash medium-sized, your choice, roasted in the oven and flesh chopped coarsely, 3 to 4 cups of cooked and chopped flesh – *see How...
- 2 pounds ground lamb
- 1 teaspoon ground cumin each:, curry powder, turmeric, minced garlic, freshly grated ginger and sea salt
- black pepper Many grinds of

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 60 milligrams

4. Fat: 24 grams
 5. Fiber: 4 grams
 6. Protein: 20 grams
 7. SaturatedFat: 9 grams
 8. Sodium: 580 milligrams
 9. Sugar: 5 grams
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