

Simple Indian-Spiced Tomato Soup with Lime

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon ground cardamom
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne
- 1 yellow onion
- 2 garlic cloves
- 1/4 teaspoon kosher salt
- 28 ounces whole peeled tomatoes
- 1 1/2 cups plain yogurt
- 1 tablespoon fresh lime juice
- fresh cilantro for garnish, optional
- pepitas Roasted salted, for garnish, optional

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 3 grams
8. Sodium: 200 milligrams
9. Sugar: 6 grams

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