

Slow-Cooker Indian-Spiced Lentils

Yield: 8 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-soup-recipe-indian-sanjeev-kapoor>

Ingredients:

- 10 ounces spinach fresh and chopped or frozen and thawed
- 15 ounces diced tomatoes
- 1 onion chopped
- 1 tablespoon minced garlic
- 1 tablespoon fresh ginger minced
- 4 cups chicken broth or vegetable broth if you want to go vegetarian/vegan
- 1 tablespoon curry powder or paste, I prefer curry paste
- 1 teaspoon mustard seeds
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 2 teaspoons sugar
- 1 1/2 teaspoons kosher salt
- 1/2 lemon or lime
- 1 handful chopped cilantro plus more for garnish if desired

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 9 grams
3. Fat: 1.5 grams
4. Fiber: 2 grams
5. Protein: 5 grams
6. Sodium: 520 milligrams
7. Sugar: 3 grams

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