

Spiced Indian-style Soup

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 3 tablespoons ghee or vegetable oil
- 2 cloves garlic chopped
- 1 teaspoon ginger root freshly grated, peeled and grated
- 1 teaspoon caraway seed ground
- 1 teaspoon ground coriander
- 1 teaspoon curry powder
- 1 teaspoon turmeric
- 4 cups chicken stock
- 1 cup red lentils rinsed
- 2 chicken breast chopped into 1 cm/1/2 " chunks
- cayenne pepper
- nutmeg
- 1 tablespoon lemon juice
- 1 tablespoon cilantro leaf roughly chopped

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 80 milligrams
4. Fat: 15 grams
5. Fiber: 17 grams
6. Protein: 44 grams
7. SaturatedFat: 2 grams
8. Sodium: 480 milligrams
9. Sugar: 7 grams

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