Indian Mulligatawny soup (Vegan)

Yield: 5 min
Total Time: 45 min

Recipe from: https://www.recipeschoose.com/recipes/indian-tomato-soup-recipe-with-coconut-milk

Ingredients:

- 1 tablespoon oil optional
- 1 yellow onion large, diced small
- 5 cloves garlic chopped small
- 2 medium carrots diced small or grated
- 1 celery stalk diced
- 2 bay leaves
- 2 tablespoons curry powder
- 1 tablespoon Garam Masala
- 1 teaspoon ground coriander
- 1/2 teaspoon dried thyme
- 1/2 teaspoon cayenne pepper optional
- 2 tablespoons bouillon Vegetarian Better than, Vegetarian No Chicken Soup Base, there is an organic veggie variety available but I hav…
- 1/4 cup red lentils rinsed well
- 1/4 cup white rice rinsed well, I use basmati rice
- 6 cups water
- 1/2 cup coconut milk
- 3 tablespoons fresh lemon juice approximately 1/2 a lemon
- fresh tomatoes diced
- chopped cilantro
- lemon wedges
- mango chutney

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 40 grams
3. Fat: 10 grams

4. Fiber: 8 grams
5. Protein: 6 grams
6. SaturatedFat: 5 grams
7. Sodium: 85 milligrams
8. Sugar: 12 grams

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