

Indian Vegetarian Mulligatawny soup

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 2 teaspoons cooking oil use vegetable broth for oil free cooking
- 2 1/2 cups low sodium vegetable broth
- 1/2 cup red lentil
- 1/4 cup white rice choice like, jasmine/ basmati/ sona masoori, white quinoa*
- 2 carrots roughly cubed
- 2 celery sticks roughly chopped
- 2 Roma tomatoes chopped
- 1 apple medium size, cubed
- 1/2 cup onions chopped
- 4 cloves garlic grated/ minced or use 1.5 teaspoon paste
- 1 whole clove
- 1 bay leaf
- 1 cinnamon stick small
- 1/4 teaspoon turmeric
- 1/4 teaspoon paprika / cayenne
- 1/4 teaspoon cumin powder ground
- 1/4 teaspoon coriander powder ground
- 1/4 teaspoon ground black pepper or as desired
- 1 can full fat coconut milk
- coconut milk for swirls
- roasted pumpkin seeds
- chili flakes

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 47 grams
3. Fat: 30 grams

4. Fiber: 14 grams
 5. Protein: 13 grams
 6. SaturatedFat: 22 grams
 7. Sodium: 160 milligrams
 8. Sugar: 13 grams
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