

Indian Lentil Cauliflower Soup.

Yield: 4 min
Total Time: 65 min

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

Ingredients:

- 2 tablespoons coconut oil
- 1/2 yellow onion large, diced
- 4 garlic cloves peeled and minced
- 2 tablespoons ginger peeled and finely grated
- 3 tablespoons curry powder
- 2 tablespoons coriander
- 2 tablespoons ground cumin
- 6 cups low sodium vegetable broth
- 1 cup lentils uncooked
- 1 head cauliflower
- 1 piece florets
- 1 yam large, peeled and diced into bite sized pieces
- salt
- pepper

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 58 grams
3. Fat: 9 grams
4. Fiber: 24 grams
5. Protein: 18 grams
6. SaturatedFat: 6 grams
7. Sodium: 460 milligrams
8. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Indian Lentil Cauliflower Soup. above. You can see more 17 recipe for indian yellow lentil soup They're simply irresistible! to get more great cooking ideas.