

Indian Yogurt Soup

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 cup yogurt tangy, full fat. Can sub soy yogurt
- 2 cups water
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon cayenne pepper adjust to taste
- 4 tablespoons flour besan, chick pea
- 1 tablespoon ghee or coconut oil
- 1 teaspoon black mustard seeds
- 1 teaspoon cumin seeds
- 4 slices minced ginger thin
- 1 teaspoon turmeric
- 1 serrano pepper sliced thin

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 4.5 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 620 milligrams
9. Sugar: 4 grams

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