

# Moroccan Red Lentil Soup

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-red-lentil-soup-recipe>

## Ingredients:

- olive oil
- 1 white onion small, finely chopped
- 3 carrots washed and chopped small
- kosher salt
- fresh ground black pepper
- 1 teaspoon ground turmeric
- 1/2 teaspoon cinnamon
- 1 pinch cayenne
- 3 cloves garlic finely chopped
- 1 tablespoon fresh ginger grated, about 2-3 inches
- 15 ounces tomato sauce
- 1 cup red lentils split
- 4 cups stock
- 1/2 cup chopped parsley finely
- 1/3 cup chopped cilantro finely
- lemon wedges for garnish, optional

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 22 grams
6. Protein: 23 grams
7. SaturatedFat: 2 grams
8. Sodium: 1020 milligrams
9. Sugar: 19 grams

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