

Quinoa and Red Lentil Kitchari

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/kale-leaves-recipe-indian>

Ingredients:

- 1 tablespoon olive oil or ghee
- 1/2 white onion finely chopped
- 1 teaspoon curry powder
- 1 pinch coriander seeds
- 1 pinch cumin seeds
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 carrots sliced, and halved if the carrots are large in diameter
- 1/2 cup red quinoa rinsed and soaked in water for 1 hour
- 3/4 cup red lentils rinsed and soaked in water for 1 hour
- 4 cups water
- 1/2 bunch kale leaves chopped
- sea salt to taste
- 1/2 cup cilantro leaves chopped

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 40 grams
3. Fat: 5 grams
4. Fiber: 14 grams
5. Protein: 13 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 230 milligrams
8. Sugar: 3 grams

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