

Creamy Lentil Soup

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 tablespoon cumin seeds
- 4 tablespoons oil
- 4 cups carrots peeled and chopped
- 7/8 cup lentil red split, rinsed
- 1/2 teaspoon chili flakes
- 5 cups vegetable stock or water
- 1/2 cup milk
- lime zest to garnish, optional

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 5 milligrams
4. Fat: 16 grams
5. Fiber: 17 grams
6. Protein: 14 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1280 milligrams
9. Sugar: 11 grams

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