

# Ramen in a South Indian Coconut Stew

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 6 ounces ramen noodles flavor packets discarded and noodles broken into smaller pieces, read the ingredients list to ensure the noodle...
- 13 1/2 ounces coconut milk
- 1 tablespoon coconut oil
- 1 sprig curry leaves about 12 individual leaves
- 2 tablespoons coriander leaves finely chopped
- 1 inch ginger piece of, cut into very thin strips
- 1 large carrot julienned
- 1 green bell pepper julienned
- 1 red onion or 2 shallots, cut into thin slices
- 1/2 green chili pepper like jalapeno, thinly sliced
- 14 ounces firm tofu optional
- 1/2 teaspoon ground black pepper
- salt to taste

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 43 grams
3. Fat: 42 grams
4. Fiber: 7 grams
5. Protein: 23 grams
6. SaturatedFat: 27 grams
7. Sodium: 1100 milligrams
8. Sugar: 7 grams

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