

Moong Dal Soup

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 4 cups water
- 1 cup moong dal split yellow lentils
- 1 cup diced onion
- 1 cup carrots diced
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 1 serrano pepper diced
- 1 teaspoon tumeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cinnamon
- 1 teaspoon salt
- 3 tablespoons ghee
- 1 tablespoon cumin seeds
- 6 cloves garlic thinly sliced
- 1/4 cup cream

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 10 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 2 grams
8. Sodium: 710 milligrams
9. Sugar: 4 grams

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