

Indian-Spiced Mushrooms and Lentils

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/button-mushroom-recipe-indian-style>

Ingredients:

- 1/2 cup red lentils
- 1 cup water
- 1 1/2 tablespoons garam masala
- 2 tablespoons coconut oil
- 2 cups button mushrooms sliced
- 15 ounces diced tomatoes
- 1/2 red onion diced
- 2 cups baby spinach torn into bits

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 23 grams
3. Fat: 7 grams
4. Fiber: 10 grams
5. Protein: 10 grams
6. SaturatedFat: 6 grams
7. Sodium: 25 milligrams
8. Sugar: 5 grams

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