

Slow Cooker Red Lentil Soup (Dal)

Yield: 6 min
Total Time: 210 min

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

Ingredients:

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 onion medium, diced
- 2 stalks celery diced
- 1 tablespoon garlic minced
- 1/2 teaspoon turmeric powder haldi
- 1 teaspoon chili powder
- 2 teaspoons curry powder mild or hot to preference
- 1/2 teaspoon Garam Masala
- 1 teaspoon cumin powder
- 16 ounces diced tomatoes
- 2 cups dal Red Lentil, washed and rinsed thoroughly
- 4 cups vegetable broth or chicken broth
- 1 1/2 cups coconut milk
- 3 tablespoons lemon juice
- 2 tablespoons fresh cilantro chopped
- salt to taste

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 5 milligrams
4. Fat: 20 grams
5. Fiber: 23 grams
6. Protein: 19 grams
7. SaturatedFat: 14 grams
8. Sodium: 800 milligrams

9. Sugar: 8 grams

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