

Aloo Curry (Indian Potato Soup)

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 4 yukon gold potatoes medium sized, well-scrubbed
- 2 tablespoons avocado oil
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon chili pepper Kashmiri
- 1/2 teaspoon turmeric
- 1/2 teaspoon salt adjust to taste
- 1 1/2 cups water

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 26 grams
3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 320 milligrams

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