

Indian Vegetable Soup

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 2 tablespoons vegetable oil
- 1/2 teaspoon fenugreek seeds optional
- 1 yellow onion medium, diced
- 1 tablespoon fresh ginger grated, or 1 tsp. ground ginger
- 1/2 cup flour chick pea
- 1 1/2 teaspoons ground cumin
- 10 curry leaves depending upon size
- 4 cups water
- 1/2 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1/2 teaspoon red chili powder
- 1/2 teaspoon cayenne pepper
- 2 teaspoons kosher salt
- 1 carrot small, cut into 1/4-inch coins
- 1 small potato cubed
- 1/2 cup green beans cut into 1-inch pieces
- 1 tomato large ripe, diced
- 2 tablespoons chutney Major Grey's
- 1/4 cup cilantro leaves for garnish, optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 34 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1230 milligrams
8. Sugar: 9 grams

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