

Mulligatawny Soup II

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-curry-stew-chicken-recipe>

Ingredients:

- 1 tablespoon ghee clarified butter, or vegetable oil
- 1 onion chopped
- 4 cloves garlic minced
- 2 teaspoons fresh ginger grated
- 2 chile peppers green, chopped
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 2 teaspoons ground coriander seed
- 1 1/2 teaspoons ground cumin
- 1 teaspoon ground turmeric
- 4 cardamom pods, bruised
- 1 tablespoon curry chopped fresh
- 1 carrot chopped
- 1 apple peeled, cored, and chopped
- 1 potato large, peeled and diced
- 1 cup dhal Masoor, red lentils, rinsed, drained
- 8 cups chicken broth
- 1 tablespoon tamarind concentrate
- 1 tablespoon lemon juice
- 2 cups coconut milk
- 2 tablespoons chopped fresh cilantro

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 5 milligrams
4. Fat: 26 grams
5. Fiber: 6 grams
6. Protein: 11 grams

7. SaturatedFat: 17 grams
 8. Sodium: 180 milligrams
 9. Sugar: 8 grams
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