

Indian Lentil Soup

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-carrot-cake-indian-recipe>

Ingredients:

- 3 tablespoons extra-virgin olive oil or coconut oil
- 1 yellow onion finely chopped
- 3 cloves garlic finely chopped
- 1 tablespoon fresh ginger very finely chopped
- 1 tablespoon curry powder
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground chili or harissa
- 3 medium potatoes diced
- 2 carrots sliced
- 200 grams yellow lentils or red, rinsed
- 4 cups vegetable stock
- 1 pinch sea salt
- 3 tomatoes diced

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 71 grams
3. Fat: 11 grams
4. Fiber: 22 grams
5. Protein: 18 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1060 milligrams
8. Sugar: 10 grams

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