

Indian Red Lentil Soup

Yield: 5 min
Total Time: 75 min

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

Ingredients:

- 5 cups water
- 1 cup red lentils uncooked
- 1 clove garlic crushed
- 1 tablespoon extra virgin olive oil
- 1 cup onions chopped
- 1/2 cup celery thinly sliced
- 1 cup carrots finely diced
- 1 1/2 tablespoons tomato paste
- 1 bay leaf
- 1/8 teaspoon chili powder
- 1 teaspoon salt
- 11 1/4 ounces tomatoes chunky, whole-crushed
- 1 tablespoon curry powder
- 1/2 cup parsley or cilantro, optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 33 grams
3. Fat: 3.5 grams
4. Fiber: 15 grams
5. Protein: 12 grams
6. Sodium: 560 milligrams
7. Sugar: 6 grams

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