

# Red Lentil Soup

Yield: 5 min  
Total Time: 55 min

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

## Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 onion chopped
- 3 shallots chopped
- 1/2 teaspoon red pepper flakes
- 6 cups vegetable stock good-tasting, or water
- 1 1/3 cups red lentils picked over and rinsed
- 1/2 cup brown rice picked over and rinsed
- fine grain sea salt as much, as you need
- slivered almonds toasted
- oil cured olives black, chopped
- feta crumbled

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 17 grams
6. Protein: 19 grams
7. SaturatedFat: 2 grams
8. Sodium: 1360 milligrams
9. Sugar: 5 grams

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