

The Vegan Meal My Carnivorous Husband Loves!

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-cardamom-recipe-middle-east>

Ingredients:

- 1 tablespoon coconut oil
- 1 cup yellow onion chopped
- 2 garlic cloves minced
- 1 tablespoon fresh ginger grated or minced
- 1 1/2 cups red lentils rinsed well
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1/2 teaspoon turmeric
- 1/4 teaspoon cardamom
- 1/8 teaspoon canela
- 1/8 teaspoon cayenne or to taste
- 1 1/2 teaspoons sea salt added at the end of cooking
- 3 cups water
- 1 dark leafy greens
- spinach

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 33 grams
3. Fat: 3 grams
4. Fiber: 16 grams
5. Protein: 13 grams
6. SaturatedFat: 2 grams
7. Sodium: 610 milligrams
8. Sugar: 2 grams

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