

Yellow Pea and Coconut Milk Soup

Yield: 7 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/coconut-milk-soup-recipe-india>

Ingredients:

- 2 cups yellow split peas rinsed and soaked for at least 1 hour if possible
- 2 bay leaves
- 3 cloves
- sea salt
- ground pepper
- 4 tablespoons butter light sesame oil, or a mixture
- 1 onion large, diced
- 1/4 cup cilantro stems minced
- 1 1/2 teaspoons ground turmeric
- 1 teaspoon ground cardamom
- 1/2 teaspoon ground cinnamon
- 1 pinch hot red pepper flakes
- 15 ounces coconut milk
- 1 lime large, or to taste
- 3 tablespoons chopped cilantro
- 1/2 cup rice
- 1/2 teaspoon ground turmeric each, and paprika
- 1/4 teaspoon cumin seeds each, and freshly ground pepper
- 1/2 cup yogurt
- 1 bunch spinach stems removed, well washed

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 20 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams

6. Protein: 4 grams
7. SaturatedFat: 17 grams
8. Sodium: 220 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Yellow Pea and Coconut Milk Soup above. You can see more 15 coconut milk soup recipe india Get ready to indulge! to get more great cooking ideas.