

Chickpea and Mushroom Curry Soup

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-style-vegetarian-curry-soup-recipe>

Ingredients:

- 1/2 cup onion minced
- 1 garlic love, finely chopped
- 1 tablespoon olive oil
- 1 teaspoon curry
- 250 grams mushrooms sliced
- 350 grams chickpeas cooked
- 1 tomato chopped
- 3 cups water

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 26 grams
3. Fat: 4.5 grams
4. Fiber: 5 grams
5. Protein: 7 grams
6. Sodium: 280 milligrams
7. Sugar: 3 grams

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