

Moroccan Coconut & Chick Pea Soup

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 3 cups vegetable broth light tasting
- 4 cloves garlic chopped
- 1 yam large, or sweet potato, peeled, diced
- 1 yellow bell pepper seeded, cored, diced
- 2 granny smith apples peeled, cored, diced
- 1/2 cup green chiles chopped roasted, mild or hot, to taste
- 14 ounces diced tomatoes Muir Glen Fire Roasted
- 15 ounces chick peas rinsed, drained
- 14 ounces coconut milk
- 1 lime juiced
- 1 tablespoon curry paste Thai Kitchen, red or green, or to taste
- 1 pinch cinnamon and cumin
- pepper
- sea salt
- 2 tablespoons chopped fresh cilantro or mint
- 1 cup baby greens packed
- hot red pepper flakes to taste, if desired

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 71 grams
3. Fat: 26 grams
4. Fiber: 14 grams
5. Protein: 11 grams
6. SaturatedFat: 21 grams
7. Sodium: 1260 milligrams
8. Sugar: 20 grams

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