

## Ingredients



Amount	Measure	Ingredient -- Preparation Method
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1	medium	onion -- chopped
2	cloves	garlic -- crushed
2	teaspoons	garam masala
1	teaspoon	ground coriander
1	teaspoon	turmeric
1/2	teaspoon	chilli powder
1	can	green lentils -- drained (1.5 cups?)
1	can	chopped -- tomatoes (same-- size)
2	pints	vegetable stock

# *Spicy Lentil Soup*

### **Preparation**

1.Saute onions and garlic in a little of the stock until soft 2.Mix all the spices with a little water to make a paste and add to the onions. Cook for 2-3 mins 3.Add lentils, tomatoes and stock, cover and simmer for 30-35 mins

### **Nutritional Information:**

713 Calories (kcal); 16g Total Fat; (19% calories from fat); 26g Protein; 119g Carbohydrate; 10mg Cholesterol; 6510mg Sodium