I got this error because I somehow accidentally imported the root `AppModule` into my lazy-loaded module. This caused the root `AppRoutingModule` to be called again when the lazy-loaded module was loaded, and thus `RouterModule.forRoot` was called twice.
If you are certain you aren't calling `RouterModule.forRoot` twice then this could be the cause of the issue. Check that you aren't importing any modules in your lazy-loaded module that direcly call `RouterModule.forRoot` or import a module that calls `RouterModule.forRoot`.