

Moroccan chickpea harira

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion, finely diced
- 2 celery stalks with leaves, finely chopped
- 1 large carrot, diced
- 3 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 14-ounce can crushed tomatoes
- 1 cup cooked or canned chickpeas, drained & rinsed
- ¾ cup red lentils, rinsed
- 6-7 cups low-sodium vegetable or chicken or broth
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- ½ teaspoon ground turmeric
- ½ teaspoon ground cinnamon
- Salt and pepper to taste
- ¼-½ teaspoon cayenne pepper (optional)
- 2 tablespoons fresh cilantro, chopped
- 2 tablespoons fresh flat-leaf parsley, chopped
- 2 large lemons
- Optional:
 - Thickener: 2 tablespoons chickpea flour and ¼ cup cold water
 - ½ cup short broken vermicelli or cooked brown rice



Nutritional information

\$11.55 total/\$1.93 per serving

Servings: 6

Calories: 167 per serving

Directions

- Heat olive oil over medium heat in large heavy pot or Dutch oven
- Add diced onion, celery and carrot, sauté 5-7 minutes until softened.
- Add garlic and tomato paste; stir about 1 minute until fragrant.
- Add crushed tomatoes and stir to combine.
- Stir in lentils, chickpeas and broth.
- Add cumin, ginger, turmeric, cinnamon, black pepper, salt and cayenne (optional).
- Bring to a boil, reduce heat to a simmer.
- Cover and cook 20-25 minutes or until lentils are tender.

- If using thickener: Whisk flour and cold water into a smooth slurry, then gradually stir into simmering soup. Simmer for an additional 5 minutes until soup has thickened slightly.
- Add optional vermicelli or rice, continue to simmer until tender. (For vermicelli: Cook 3-5 minutes more; for cooked rice: Just until warmed through).
- Remove from heat.
- Stir in chopped cilantro, parsley and fresh lemon juice.
- Taste soup and adjust salt, pepper and juice of one lemon, as desired.
- Serve hot with extra lemon wedges on the side.