



Moroccan Harira Soup

Serves 8

Ingredients

- ½ cup olive oil
- 1 Tbs. fresh ginger, finely diced
- 2 onions, diced
- 4 garlic cloves, crushed or minced
- 2 sticks of celery, diced
- 2 bay leaves
- 4 ½ cups chicken broth
- 8 oz. chickpeas, soaked overnight
- 8 oz. red lentils, soaked for an hour or so
- A pinch of saffron threads
- 2-3 tsp. turmeric
- Salt and freshly ground pepper, to taste
- 1 Tbs. sweet paprika
- 2 tsp. ground cumin
- ½ tsp. cayenne
- 5 Tbs. plain flour
- Juice of one lemon
- 1 28-oz can crushed tomatoes
- 1 bunch Italian parsley, chopped
- 1 bunch cilantro, chopped

Directions

1. Heat olive oil in large Dutch oven over medium heat and sauté the onions, ginger, garlic, celery and bay leaves until softened.
2. Add 2 cups of the chicken broth and the chickpeas; bring to a boil, reduce heat and simmer for 20 minutes.
3. Add the lentils, saffron threads, turmeric, sweet paprika, cayenne, cumin, salt, pepper the remaining broth. Simmer for 5 minutes or so.
4. In a heat-proof bowl, gradually mix 2 cups of water with flour and add the lemon juice and tomatoes. Place the bowl over the steaming pot, stirring constantly until the mixture thickens. Add the mixture to the soup, stirring constantly.
5. Stir in chopped parsley and cilantro. Simmer for 30 minutes, stirring occasionally, until the chickpeas and lentils are tender.

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