

Moroccan Chickpea Soup

Serves 4

Also known as Harira, this North African soup is thick and rich with warming spices. Additional vegetables can be added, according to your taste or the left-overs in your fridge!

1 tblspn olive oil
2 onions, finely chopped
2 sticks celery, finely chopped
2 medium carrots, finely diced
Optional - 1 cup of diced vegetables eg. peppers, zuchinni, eggplant etc
1 cup finely chopped spinach or chard
1tspn ground cinnamon
½ tspn ground cumin
1 tspn paprika
1 tspn turmeric
1 cup diced canned tomatoes
1 tblspn tomato paste
½ cup puy or brown lentils
2 pints water
2 cups cooked chickpeas
1 tblspn lemon juice
Salt to taste

In a large pan heat the oil and gently fry onions and celery until beginning to soften. Add spices and cook for a few more minutes then put everything except spinach, tomatoes, tomato paste and lemon juice into the pan. Bring the pan to a boil, turn down the heat and simmer until lentils are cooked, about 25 minutes. Add spinach, tomatoes and tomato paste and continue cooking for a further 15 minutes. When ready to serve add the lemon juice.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

