

MOROCCAN LENTIL SOUP: HARIRA

Author: Panning The Globe, Adapted from a recipe by Cara Chigazola

Recipe type: Main Dish Soup

Cuisine: Moroccan

Prep time: 20 mins

Cook time: 45 mins

Total time: 1 hour 5 mins

Serves: 6-8

Hearty, beautifully-spiced soup of lentils, chickpeas, vegetables and herbs.

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 large yellow onion, finely chopped
- 2 stalks celery, finely chopped
- 1 carrot, peeled and finely chopped
- ⅓ cup chopped parsley, leaves and tender stems
- ½ cup chopped cilantro, leaves and tender stems
- 2½ tablespoons minced garlic (about 5 large garlic cloves)
- 2 tablespoons minced ginger (about a 2-inch by 3-inch piece)
- 1 teaspoon ground turmeric
- 1 teaspoon ground cinnamon
- 2 teaspoons sweet paprika
- ½ teaspoon Aleppo pepper (or substitute freshly ground black pepper)
- 1¼ cups dry red lentils, rinsed and picked over
- 1 15-ounce can chickpeas, drained (or 1½ cups cooked chickpeas)
- 1 28-ounce can whole plum tomatoes and their juice, pureed with an immersion blender or squeezed by hand until they're broken down. (I recommend San Marzano or organic)
- 7–8 cups low salt chicken broth or vegetable broth (I recommend Swanson's)
- Coarse salt
- **Optional Garnish:**
- Dates (1 per person)
- Lemon wedges (1 per person)

Instructions

1. In a large heavy pot or Dutch oven, warm 2 tablespoons olive oil and sauté the onion, celery, carrots, garlic, and ginger over medium–low heat until they soften, 5–7 minutes. (Don't let them brown) Add the spices: turmeric, cinnamon, paprika and pepper. Cook, stirring, for 5 minutes, to toast the spices. Add the tomatoes and chicken broth (start with 7 cups and add more later, if you want a thinner soup). Bring to a simmer. Add the lentils, chickpeas, cilantro and parsley. Simmer, uncovered, for about 35 minutes, until the lentils break down and the soup becomes thick and creamy, adding more broth if you want a thinner soup.
2. Season, to taste, with salt. Serve with lemon wedges and dates.