



Harira Soup

Ingredients

- 2 tbsp Olive oil
- 500 g lamb cut into small cubes
- 0.5 cup Brown lentils
- 4 tbsp Celery leaves, finely chopped
- 1 cup Chickpeas, soaked one night before and skin off
- 0.5 cup Fresh parsley, chopped
- 0.5 cup Coriander leaves, chopped
- 1 packet Solis Fried Tomato Sauce
- 5 cups Broth, vegetable, chicken, or water
- 1 tsp Turmeric Powder
- 1 tsp Ginger powder
- 1 tsp Black pepper
- 1 pinch Cinnamon
- 1 Small Onion, finely chopped
- 1 tsp salt
- 3 tbsp Flour
- 0.5 cup Vermicelli

Instruction

1. In a nonstick pot, heat 1 tablespoon of vegetable oil. Sauté the meat pieces until golden.
2. Then add the onion and cook for 5 minutes.
3. Add the chickpeas and season with smoked turmeric, black pepper, ground ginger, and cinnamon.
4. Add the chopped parsley, coriander, and celery, then cover with the broth.
5. Let the chickpeas cook for 20 minutes before adding the lentils.
6. With a whisk, mix the SOLÍS tomato sauce in a bowl with the all-purpose flour until you obtain a smooth batter. Pour it into the Harira and stir continuously to avoid thickness.
7. Add the vermicelli pasta and let the Harira simmer for 15 minutes.
8. Serve the Harira with lemon juice.

Nutrition		70 Minutes
		6
Carbohydrates	51.87 g	
Energy	410.04 kcal	
Fats	10.19 g	
Protein	28.87 g	