



# Harira (Moroccan Hot Legume Soup)

## Ingredients:

2 TBL olive oil  
1 onion, finely chopped.  
5 garlic cloves  
1 TBL fresh ginger  
1 tsp cumin ground  
½ tsp turmeric  
400 g tomatoes, diced or pureed  
1-3 TBL Tunisian Harissa or Rose Harissa paste (prepared as instructed on the jar)  
¼ cup cilantro, chopped.  
¼ cup parsley, chopped.  
2 cups canned chickpeas, drained and rinsed or cooked from dry beans.  
½ cup dried lentils, rinsed and drained.  
1 TBL brown sugar  
8 cups vegetable stock  
1 bunch of kale, chopped  
2 eggs to thicken

## For Garnish

Yoghurt  
Cilantro  
Parsley  
Olive oil

## Instructions:

- 1 - In a large pot Sauté onions with olive for a few minutes until softened.
- 2 - Add garlic and ginger. Sauté for 2 minutes.
- 3 - Add cumin, turmeric and harissa paste. sauté for 2 minutes.
- 4 - Add tomatoes and cook for 5 minutes.
- 5 - Add cilantro, parsley, lentils, chickpeas, sugar and stock. Season with salt and pepper to taste.
- 6 - Bring to a boil. Lower heat and cover. Simmer for 45 minutes or until lentil are tender.
- 7 - Add kale and simmer for 10 minutes. Season again if needed.
- 8 - In a small bowl, whisk the eggs until beaten. Slowly whisk in a ladle of hot soup to the eggs to incorporate. Slowly whisk in the content of the bowl into the soup pot.
- 9 - Serve in individual bowls with crusty bread. Garnish with a dollop of yoghurt, chopped herbs and a drizzle of olive oil.

**Spices Used:** Tunisian HarissaRose  
Harissa

**Prep Time: 20 mins**

**Cook Time: 1.5 hours**