

Moroccan Lentil and Chickpea Soup (Harira)

COOK'S
ILLUSTRATED

INGREDIENTS

- 1/3 cup extra-virgin olive oil
- 1 large onion, chopped fine
- 2 celery ribs, chopped fine
- 5 garlic cloves, minced
- 1 tablespoon grated fresh ginger
- 2 teaspoons ground coriander
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon red pepper flakes
- 3/4 cup minced fresh cilantro
- 1/2 cup minced fresh parsley
- 4 cups chicken broth
- 4 cups water
- 1 (15 ounce) can chickpeas, rinsed
- 1 cup brown lentils, picked over and rinsed
- 1 (28-ounce) can crushed tomatoes
- 1/2 cup orzo
- 4 ounces Swiss chard, stemmed and cut into 1/2-inch

INSTRUCTIONS

SERVES 6 TO 8

For a vegetarian version, substitute vegetable broth for the chicken broth and water. We like to garnish this soup with a small amount of harissa, a fiery North African chili paste, which is available at some supermarkets.

1. Heat oil in large Dutch oven over medium-high heat until shimmering. Add onion and celery and cook, stirring frequently, until translucent and starting to brown, 7 to 8 minutes. Reduce heat to medium, add garlic and ginger, and cook until fragrant, 1 minute. Stir in coriander, paprika, cumin, cinnamon, and pepper flakes and cook for 1 minute. Stir in 1/2 cup cilantro and 1/4 cup parsley and cook for 1 minute.

2. Stir in broth, water, chickpeas, and lentils; increase heat to high and bring to simmer. Reduce heat to medium-low, partially cover, and gently simmer until lentils are just tender, about 20 minutes.

3. Stir in tomatoes and pasta and simmer, partially covered, for 7 minutes, stirring occasionally. Stir in chard and continue to cook, partially covered, until pasta is tender, about 5 minutes longer. Off heat, stir in lemon juice, remaining 1/4 cup cilantro, and remaining 1/4 cup parsley. Season with salt and pepper to taste. Serve, passing lemon wedges separately.

pieces

2 tablespoons lemon juice

Salt and pepper

Lemon wedges