



Moroccan Lentil and Chickpea Soup (Harira)

WHY THIS RECIPE WORKS

This recipe carefully streamlines the ingredient list and technique of this classic Moroccan soup to deliver all the bold North African flavors you'd expect from harira in just a fraction of the time. Using canned chickpeas rather than dried saved about 2 hours of cooking time, and paring down the number of spices to a key five made it a dish most people can prepare without a special trip to the market. Using large amounts of just two herbs made for quicker prep and a more efficient use of fresh ingredients. Finishing the dish with fresh lemon juice helped focus all the flavors.

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

INSTRUCTIONS

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.

SERVES 6 TO 8

- 2** teaspoons smoked paprika
- 1** teaspoon ground cumin
- ½** teaspoon ground cinnamon
- ⅛** teaspoon red pepper flakes
- ¾** cup minced fresh cilantro
- ½** 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
- ½** cup orzo
- 4** ounces Swiss chard, stemmed and cut into ½-inch pieces
- 2** tablespoons lemon juice
- Salt and pepper
- Lemon wedges

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 ¼ cup cilantro, and remaining ¼ cup parsley. Season with salt and pepper to taste. Serve, passing lemon wedges separately.