

Harira Moroccan Ramadan Soup

Submitted by Betsy Ding

Ingredients

- 1/2 c (4 oz) dried chickpeas, rinsed & picked over
- 2 Tbsp unsalted butter
- 1 1/4 tsp cinnamon
- 1 tsp ground ginger
- 1 tsp ground turmeric
- 3/4 tsp sweet paprika
- 1/2 tsp freshly ground black pepper
- pinch of saffron threads
- 3/4 lb boneless lamb shoulder, cut in 1/2-inch cubes
- 1 c chopped onions
- 3 Tbsp chopped parsley
- 3 Tbsp chopped fresh cilantro
- 1 1/2 c finely chopped canned tomatoes, with juice
- 5 1/3 c water
- 1/2 c (4 oz) lentils, rinsed & picked over
- 2 Tbsp lemon juice
- 1 1/2 tsp salt



Directions

1. In a medium bowl, soak chick peas in cold water to cover overnight; drain.
2. In a Dutch oven, melt the butter over low heat. Stir in the cinnamon, ginger, turmeric, paprika, pepper, and saffron, and cook 232 minutes. Stir in the lamb, onions, parsley, and coriander, and cook, stirring occasionally, 20 minutes, or until the onions are soft. Stir in the tomatoes and simmer 10 minutes. Add the water and chick peas. Heat to boiling over