

Moroccan Style Vegetable Soup (“Harira”)

Prep time: 15 minutes

Cook time: 50-55 minutes

**Ingredients (makes about 18 cups,
4.5 quarts):**

2 tbsp extra virgin olive oil

2 cloves garlic, chopped

1 medium onion, chopped

2 small carrots, sliced

2 celery stalks, sliced

5 mushrooms

6 cups vegetable broth

1- 15oz can chickpeas, rinsed (we
use [Eden Organic](#))

1 cup dry lentils, rinsed (we use [Eden
Organic](#))

1-28oz can crushed tomatoes (we
use [Eden Organic](#))

1 tbsp salt (or to taste)

1 tsp cumin

3 tsp turmeric

1 tsp black pepper

In a large soup pot, sauté garlic and onion
in olive oil for 4-5 minutes.

Add sliced carrots, celery, and mushrooms
and cook for another 3 minutes

Add water, bring to a boil and add lentils.

Reduce heat to low, cover and simmer for
about 25 minutes, until the lentils are
tender

Add chickpeas, crushed tomatoes, salt,
cumin, turmeric, and pepper.

Bring to a quick boil, reduce heat and
simmer, covered for another 15-20 minutes