

# Harira

## North African Lamb and Chickpea Soup

Harira is a traditional North African soup made with lamb, chickpeas, and a variety of spices. It's especially popular during Ramadan as an iftar meal. This version includes Adagio's Spearmint tea to add a refreshing note.

**PREP TIME:** 20 minutes

**COOK TIME:** 1 hour 30 minutes

1 lb lamb, cut into chunks  
1 C dried chickpeas, soaked overnight  
1 large onion, chopped  
2 celery stalks, chopped  
2 carrots, chopped  
4 cloves garlic, minced  
1/2 C lentils  
1/2 C rice  
1 can (14 oz) crushed tomatoes  
1/4 C tomato paste  
1 t ground turmeric

1 t ground cinnamon  
1 t ground ginger  
1 t ground cumin  
1 t paprika  
1/2 t ground black pepper  
1/4 t cayenne pepper  
8 C beef or lamb broth  
1/4 C chopped fresh cilantro  
1/4 C chopped fresh parsley  
1 T Adagio's Spearmint tea  
Salt to taste

**IN A LARGE POT**, heat some oil over medium-high heat. Add the lamb and brown on all sides.

**ADD THE ONION**, celery, carrots, and garlic. Sauté until the vegetables are tender.

**STIR IN THE CHICKPEAS**, lentils, rice, crushed tomatoes, tomato paste, and spices.

**POUR IN THE** broth and bring to a boil.

**REDUCE HEAT** and simmer for 1 hour, or until the chickpeas and lentils are tender.

**ADD THE SPEARMINT** tea and simmer for an additional 5 minutes.

**STIR IN THE CILANTRO** and parsley. Adjust seasoning to taste before serving.