Moroccan Chickpea Lentil Soup
Vegan and Gluten Free

Prep Time	Cook Time	Total Time
20 Minutes	40 Minutes	1 Hour

Moroccan Chickpea Lentil Soup: Vegan and Gluten Free
Author: www.gardenfreshfoodie.com
Recipe type: Soup
Cuisine: Middle Eastern
Serves: 8

Ingredients

- 1 cup celery
- 1 cup carrots
- 1 cup onions
- 2 cups of lentils, rinsed to remove debris
- 1 28oz can have stewed tomatoes (we use a quart of our own canned tomatoes)
- 6 cups of water
- 2 tsp ground coriander
- 2 tsp cumin
- 2 tsp turmeric
- 1 tsp cinnamon
- ¼ tsp of cayenne (or more to taste)
- 1 ¼ tsp salt
- Freshly ground pepper to taste
- 2 cups of chickpeas
- 1 tbsp chopped garlic
- *Optional: fresh parsley for garnish

Instructions

1. Place all ingredients except chickpeas and garlic into soup pot
2. Bring to a boil, and reduce to simmer
3. Cook until lentils have softened (about 30 minutes)
4. Using a stick blender, puree soup to desired consistency (this will thicken the soup)
5. Add in chickpeas and garlic, heat until warmed. We add the garlic in at the end to maximize its health benefits. If cooked too long, its benefits are reduced.
6. If soup is too thick, add additional water to thin to desired consistency
7. Serve or freeze. Freezes well, up to 6 months

Notes

Packed with iron (238%), Vitamin A (387%), Vitamin C (242%), and Potassium 3084 mg in entire recipe

Nutrition Information

Serving size: % of recipe   Calories: 257   Fat: 1 g   Carbs: 38 g   Fiber: 9.3 g   Protein: 13.3 g