

Crockpot Moroccan Lentil and Chickpea Soup.

Yield: 1 min
Total Time: 375 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-vegetable-and-chickpea-soup-recipe>

Ingredients:

- 1 1/2 cups green lentil
- 1 sweet onion finely chopped
- 1 inch fresh ginger knob of, grated
- 2 cloves garlic minced or grated
- 3 carrots chopped
- 1 red bell pepper chopped
- 14 ounces diced tomatoes
- 4 cups veggies low sodium, or chicken broth
- 2 tablespoons harissa
- 2 teaspoons smoked paprika
- 3/4 teaspoon cumin
- 3/4 teaspoon cinnamon
- kosher salt
- pepper
- 1 tablespoon fresh lemon juice
- 14 ounces chickpeas
- 1/2 cup fresh cilantro chopped
- crumbled goat cheese or whipped, for serving