

Moroccan Harira Soup

Yield: 8 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-harira-recipe>

Ingredients:

- 1 pound beef cut into cubes
- 1 cup celery finely chopped
- 1 onion finely chopped
- 1/3 cup parsley finely chopped
- 1/3 cup cilantro finely chopped
- 1 tablespoon olive oil
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- salt
- pepper
- 8 1/2 cups water divided
- 28 ounces canned tomatoes
- juice
- 3 tablespoons tomato paste
- 1 cup chickpeas canned, rinsed
- 1/4 cup all purpose flour
- 1 lemon
- 1 ounce vermicelli or angel hair noodles, broken into pieces
- lemon wedges
- dates
- dried figs

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 40 milligrams
4. Fat: 11 grams
5. Fiber: 6 grams
6. Protein: 16 grams

7. SaturatedFat: 3.5 grams
 8. Sodium: 420 milligrams
 9. Sugar: 4 grams
 10. TransFat: 0.5 grams
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