

Harira - Moroccan Soup

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-lamb-and-lentils-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 onion medium, diced
- 1 celery stalk diced
- 200 grams lamb pieces
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1 teaspoon salt
- 1 1/4 teaspoons black pepper
- 1 pinch saffron
- 1 bay leaf
- 1/2 cup lentils soaked in water for 15 minutes and drained
- 400 grams canned chopped tomatoes
- 1 tablespoon tomato paste
- 2 tablespoons chopped parsley
- 2 tablespoons chopped coriander cilantro
- 1 cup canned chickpeas rinsed and drained
- 6 cups water
- 1 egg
- 1 tablespoon flour dissolved in 2 tbsp water

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 60 milligrams
4. Fat: 14 grams
5. Fiber: 8 grams
6. Protein: 14 grams

7. SaturatedFat: 4 grams
 8. Sodium: 630 milligrams
 9. Sugar: 2 grams
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