

# Moroccan Harira Chicken Soup

Adapted from a couple of internet recipes.

Internet address:



- 1 large onion
- 4 stalks celery
- 1 medium leek
- 1 bunch cilantro, cut the stems off and save them
- 1 bunch parsley, cut the stems off and save them
- 2 tablespoons canola oil, or olive oil, or clarified butter
- 28 ounces canned tomatoes, in tomato puree, and include the juices
- 3 cloves garlic, minced or smashed
- 8 cups water, or more if needed
- 2 teaspoons Penzey's chicken soup base
- 1 1/2 tablespoons cumin seed
- 1 tablespoon ground cumin
- 1 1/2 tablespoons ground ginger
- 1 tablespoon ground coriander
- 1 tablespoon turmeric
- 1 tablespoon harissa, or other hot chile paste, like sriracha
- 2 teaspoons salt, or more to taste
- 1 teaspoon freshly ground black pepper
- 1 1/2 cups cooked garbanzo beans, drained, rinsed (if using canned)
- 3/4 pound boneless skinless chicken thighs (leave them whole)
- 1/3 cup lentils (use more if you want a more hearty soup)
- 1/2 cup Greek yogurt, full-fat, for garnish
- parsley and cilantro leaves for garnish

## Servings: 7

Notes: Use canned tomatoes in tomato puree, not just water/juice. Either whole if possible, but chopped tomatoes will work. If using whole you'll need to gently squeeze them to break each tomato into smaller pieces. The tomato puree gives the soup a bit more heft and flavor both. The soup I remember eating in Tangiers was more "soupy" than this - merely add more chicken broth or water to this mixture if you'd like it that way. As is, it's a fairly hearty bowl of soup. You can add more lentils and/or garbanzo beans if you'd prefer. What I had in Tangiers had only lentils, and not many of them. It may also have had a little bit of rice in it, but not much of that either. Moroccans make it with all three, sometimes combined, sometimes only one (lentils, garbanzos, rice). You can use chicken breasts, if preferred. Just don't cook them very long, shred them, and add back in and don't cook the chicken further.

1. Chop up the onion, celery and leeks into chunks. Cut off the little brown ends of the cilantro and parsley, then cut the stems off and mince them up finely with a knife (you'll add the leaves later in the recipe). In a food processor add the vegetables, plus the parsley and cilantro stems. Pulse until the veggies are chopped up, but not fine.
2. Heat the oil in a large Dutch oven. Add the vegetables and saute until the onions have begun to turn translucent, about 3-4 minutes. Add the canned tomatoes and their juices, the chicken soup base, garlic and the water. Bring to a simmer. While it's warming up, add all the seasonings including all the parsley and cilantro leaves, saving some cilantro leaves for the garnish.
3. Add the boneless, skinless chicken thighs (whole thighs) and once the mixture is simmering, cover and keep over low heat for about 25 minutes, or until the thighs are tender. Using a slotted spoon, remove the chicken thighs to a large bowl and allow to cool about 20-30 minutes.
4. While the chicken is cooling, add the lentils to the soup and simmer for about 20 minutes, JUST until the lentils are soft, but have not begun to fall apart.
5. Shred the chicken meat into small pieces about 1 1/2 inches long and add back into the soup mixture. Add the canned garbanzo beans (rinsed and drained) and taste for seasoning.
6. Serve in wide bowls (about 1 1/2 cups per serving) and add a dollop of Greek yogurt on top and garnish with cilantro.

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Per Serving (excluding unknown items): 267 Calories; 11g Fat (34.4% calories from fat); 17g Protein; 29g Carbohydrate; 7g Dietary Fiber; 42mg Cholesterol; 1067mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1 Fat.

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>