

Moroccan Harira with Ground Turkey, Gundry friendly

My own concoction, 2018



- 1 large onion, diced
 - 4 stalks celery, diced
 - 1 bunch cilantro, see notes
 - 1 bunch Italian parsley, see notes
 - 2 tablespoons avocado oil
 - 1 pound ground turkey
 - 3 cloves garlic, minced
 - 1 1/2 tablespoons cumin seeds
 - 1 tablespoon ground cumin
 - 1 1/2 tablespoons ground ginger
 - 1 tablespoon turmeric
 - 1 tablespoon harissa, or sriracha
 - 4 ounces green chiles, canned (skinned and seeded)
 - 2 teaspoons salt, or more to taste
 - 6 cups water, or more if needed
 - 1 teaspoon freshly ground black pepper
 - 12 ounces Eden organic garbanzo beans, drained and rinsed, or use pressure cooked beans you've made from scratch
 - 24 ounces canned tomatoes, strained, called "passata" in Italian
- GARNISHES:**
- 1/2 cup sour cream
 - chopped Italian parsley (see quantity above)
 - chopped cilantro (see quantity above)

Per Serving (excluding unknown items): 321 Calories; 16g Fat (44.5% calories from fat); 21g Protein; 24g Carbohydrate; 6g Dietary Fiber; 68mg Cholesterol; 870mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 6

NOTES: If you're not following the Stephen Gundry diet, you can use any kind of garbanzo beans and tomatoes. To make this a Gundry soup, you must use lectin-free beans (only Eden brand are pressure cooked) and tomatoes with no skin or seeds.

1. 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 as a garnish).
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 garlic and parsley and cilantro stems and cook for 1-2 minutes just until they're fragrant, then add the ground turkey and stir to break up the meat. Cook until the meat is no longer pink. Then add canned tomatoes, the chicken soup base, green chiles, garlic and water. Bring to a simmer. While it's warming up, add all the seasonings.
3. Cover and keep over low heat for about 25 minutes, or until the vegetables are tender.
4. Add the garbanzo beans and taste for seasoning. Add more water if needed. This is best made the day before, but I've eaten immediately and it's still delicious!
5. Serve in wide bowls (about 1 1/2 cups per serving) and add a dollop of sour cream on top and garnish with cilantro and parsley.