

Spicy Moroccan Soup of Lamb, Lentils and Chickpeas

Inspired by a recipe in *Splendid Soups* by James Peterson



Servings: 6

Note: this soup can be made in a slow cooker; it just will take longer. Add the lentils about an hour before the soup is done along with the new vegetables.

1. In a 6-quart pot, lightly brown the lamb bones in butter. Remove lamb from pot. If the butter has burned, pour it out and replace it with fresh butter. Add the onions, carrots and celery. Stir over medium heat for about 5 minutes and then add turmeric, ginger, cinnamon, curry powder and saffron. Stir for 5 minutes more.

2. Add broth. Cover the pot and simmer gently for an hour. Remove the lamb bones and strain mixture to remove all vegetables, debris and foam. Wash the pot and pour the strained mixture back into the soup pot. Add the new vegetables (onions, celery and carrots), lentils and tomatoes and simmer for about 20 minutes, or until the lentils and vegetables are just cooked through.

3. Add the canned garbanzo beans and the left over lamb meat. Bring to a boil and simmer for 5 minutes. Stir parsley, cilantro and yogurt into soup. Season soup with salt and pepper to taste. Ladle into soup bowls, sprinkle with more cilantro.

About 2 pounds leg of lamb bones (left over from cooking a leg of lamb) with some meat attached)

3 tablespoons butter, or more if needed

1 medium onion, finely chopped

1 whole celery rib, finely chopped

1 teaspoon ground turmeric

A 1-inch knob of fresh ginger, sliced in about 5-7 pieces

1 teaspoon ground cinnamon

1 pinch saffron threads

1 teaspoon curry powder

5 cups low-sodium chicken broth, or beef broth, or lamb broth

14 ounces garbanzo beans, canned, drained, rinsed

3/4 cup dried lentils

3 cups canned tomatoes, chopped

3 cups leg of lamb (left over lamb meat cut from the leg after cooking)

VEGETABLES (added toward the end)

1 large onion, chopped

4 ribs celery, chopped

2 whole carrots, chopped

2 tablespoons chopped parsley

1/2 cup cilantro, packed, finely chopped

1 cup Greek yogurt, full-fat

1/4 cup heavy cream (optional)

Salt to taste

Pepper to taste

Per Serving (excluding unknown items): 600 Calories; 33g Fat (45.8% calories from fat); 41g Protein; 46g Carbohydrate; 14g Dietary Fiber; 100mg Cholesterol; 583mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

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