



**Eat Right
Be Fit
Live Well**

Moroccan Lentil and Chickpea Soup

Serves: 6

Ingredients:

2 Tbsp olive oil
1 cup celery, chopped
2 medium yellow onions, chopped
1 large yellow potato, rinsed and diced (unpeeled)
2 tsp ground mild curry
1½ tsp ground turmeric
½ tsp ground cinnamon
1 tsp salt
1 can (28 oz) diced plum tomatoes (with the juice)
8-9 cups water
1 cup dried and rinsed lentils (preferably red)
2 (15 oz) cans chickpeas, well rinsed and drained
1 Tbsp balsamic vinegar
Juice of 1 lemon
½ cup chopped fresh cilantro (optional)

Instructions:

1. Place olive oil in large pot, and sauté onions, celery and potatoes along with the spices (turmeric, curry and cinnamon) over medium heat for 5 minutes.
2. Add canned tomatoes with their juice and cook for an additional 5 minutes.
3. Add water, chickpeas and salt. Bring to boil, then simmer partially covered for 30 minutes.
4. Add the lentils and continue to simmer for another 20 minutes (Check that there is enough liquid if using another variety of lentils and add 1 extra cup of water if necessary).
5. Just before serving, add lemon juice, balsamic vinegar and cilantro, if using.

Compliments of Catherine Katz