

Moroccan chicken lentil soup

Serves 10 (2.5-2.8 Litre)

Ingredients:

Butter, unsalted	2 TBSP (30ml)
Onions, small, chopped	2
Celery stalks, chopped	2
Green lentils dry	1 cup
Water	6 ½ cups
Crush tomatoes can	950 ml
Potatoes, red or yellow, chunks	1 large
Carrots, cut	1 cup
Chickpeas can, drained, rinsed	1x 530ml
Roasted chicken, shredded	1
Fresh cilantro, chopped	1/3 cup
Lime juice	1

Spice mix:

Ground ginger	¾ tsp
Ground cinnamon	¼ tsp
Tumeric	½ tsp
Black pepper ground	¼ tsp



Method:

1. Heat up large pot to medium heat, add butter and cook vegetables until softened.
2. Stir in spie mix and lentils. Mix well.
3. Pour in water and crushed tomatoes and bring to a boil. Let simmer for 15 min.
4. Add potatoes, carrots and continue cooking for about 10 minutes.
5. Add chickpeas and chicken meat and continue to cook until potatoes are cooked.
6. Spoon into bowl and garnished with cilantro and lime juice.