

Moroccan Harira Soup

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An easy version from my dear friend Fozia, whose philosophy is: 'get a meal done in 30 minutes'. Here's to you, Fozia, for teaching me this!

By Meera Vasudevan

Serves 4 | Prep time: 10 minutes | Cook time: 30 minutes













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[CHECK NUTRITIONAL FACTS FOR THIS RECIPE](#)



INGREDIENTS:

- 
1/2 large onion, cubed
- 
1 bunch parsley leaves, finely chopped
- 
A few leaves of cilantro (coriander) leaves (optional, for flavor)
- 
1 tablespoon oil
- 
1 teaspoon cayenne powder (adjust this based on your heat preference)
- 
1/4 teaspoon turmeric powder
- 
1 can (15 oz) of chickpeas
- 
1 tablespoon cornstarch
- 
1/2 cup broken vermicelli/rice noodles
- 
Salt

PREPARATION:

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Heat the oil in a pot, and then add the onions, parsley, and cilantro if using. Saute for about 2 – 3 minutes on medium heat, until onions become translucent.
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Add the spice powders and mix into the onions.
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Add 3 cups water and let it boil on low.
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Add the entire can of chickpeas with the water.
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Whisk in the cornstarch until it dissolves into the soup without clumps. Let the soup now cook on low for about 10 minutes.
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Add the vermicelli/noodles and cook till soft – this will take less than 5 minutes, so keep an eye on it.
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Now, add salt to your taste and turn it off.

You can serve this soup as a meal by itself if you like, it is packed with nutritious, filling ingredients.

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Multigrain Crepes

Buttermilk Cooler

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Veggie Burger