

Moroccan Harira Soup

[Recipes](#)

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:



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.



Add the spice powders and mix into the onions.



Add 3 cups water and let it boil on low.



Add the entire can of chickpeas with the water.



Whisk in the cornstarch until it dissolves into the soup without clumps. Let the soup now cook on low for about 10 minutes.



Add the vermicelli/noodles and cook till soft – this will take less than 5 minutes, so keep an eye on it.



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.

Moroccan Harira Soup

Coconut Chutney

South Indian Salsa

Multigrain Crepes

Buttermilk Cooler

Yellow Lentil Soup

Chickpea Curry

Vegetable Couscous

Veggie Burger