

# Vegan Moroccan Lentil and Chickpea Soup (Harira)

Source: Cook's Illustrated, Better Vegan

Category: Vegan Soups and Stews

Prep Time: 15-20 min Cook time: 50 min Total Time: 65-70 min

Serves 6 to 8



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## Ingredients:

2 Tbsp. coconut oil  
1 large onion, chopped fine  
2 celery ribs, chopped fine  
5 garlic cloves, minced  
1 Tbsp. grated fresh ginger  
2 tsp. ground coriander  
2 tsp. smoked paprika  
1 tsp. ground cumin  
½ tsp. ground cinnamon  
⅛ tsp. red pepper flakes  
¾ cup minced fresh cilantro  
½ cup minced fresh parsley  
4 cups vegetable broth  
4 cups water  
1 (15 ounce) can chickpeas, rinsed  
1 cup brown lentils, picked over, soaked overnight and rinsed  
1 (28-ounce) can crushed or diced tomatoes, drained and rinsed  
4 ounces Swiss chard, stemmed and cut into ½-inch pieces  
1 Tbsp. lemon juice  
Salt and pepper  
Lemon wedges

Recipe Link:

<https://www.betterveganrecipes.com/moroccan-lentil-chickpea-soup>

## Instructions:

1. Prepare the ingredients.
2. Heat oil in large Dutch oven or pot over medium-high heat until shimmering. Add onion and celery and cook, stirring frequently, until translucent and starting to brown, 7 to 8 minutes. Reduce heat to medium, add garlic and ginger, and cook until fragrant, 1 minute. Stir in coriander, paprika, cumin, cinnamon, and pepper flakes and cook for 1 minute. Stir in ½ cup cilantro and ¼ cup parsley and cook for 1 minute.
3. Stir in broth, water, chickpeas, and lentils; increase heat to high and bring to simmer. Reduce heat to medium-low, partially cover, and gently simmer until lentils are just tender, about 20 minutes.

4. Stir in tomatoes and simmer, partially covered, for 7 minutes, stirring occasionally. Stir in chard and continue to cook, partially covered, about 5 minutes longer. Off heat, stir in lemon juice, remaining  $\frac{1}{4}$  cup cilantro, and remaining  $\frac{1}{4}$  cup parsley. Season with salt and pepper to taste. Serve, passing lemon wedges separately.

#### Notes:

If using a pressure cooker, sauté the vegetables and spices in step 2 in the pressure cooker pot with the lid off. Then add liquids, chickpeas and lentils (step 3), cover the pressure cooker and follow the manufacturer's instructions and timelines for cooking lentils. Once the pressure cooking is complete and the pressure cooker is safe to open (the pressure should drop), open the lid and proceed to step 4.

#### Equipment needed:

Pressure cooker (optional)

#### Serving suggestion:

Serve with a dollop of [Vegan Sour Cream](#) or vegan mayonnaise and a sprinkle of fresh finely chopped parsley.