

Harira

Jacob · 29/09/2024

**Prep Time**

2 hrs 50 mins

Difficult

Medium

Servings

6

Description

Harira is the soup that Moroccans traditionally use to break the fast every night of Ramadan Season to taste with mint leaves cinnamon salt and pepper

Ingredients

- - 1 pound cubed lamb meat - 1 yellow onion
- chopped - 1 red onion
- chopped - $\frac{3}{4}$ cup chopped celery - $\frac{1}{2}$ cup chopped fresh cilantro - 2 tablespoons margarine - 1 $\frac{1}{2}$ teaspoons ground black pepper - 1 teaspoon ground turmeric - 1 teaspoon ground cinnamon - $\frac{1}{4}$ teaspoon ground ginger - $\frac{1}{4}$ teaspoon ground cayenne pepper - 1 (29 ounce) can diced tomatoes
- juice reserved - 7 cups water - $\frac{3}{4}$ cup green lentils - 1 (15 ounce) can garbanzo beans
- drained - 4 ounces vermicelli pasta - 2 eggs
- beaten - 1 lemon
- juiced

Instructions

1. Combine lamb
2. onions
3. celery
4. cilantro
5. margarine
6. pepper
7. turmeric
8. cinnamon
9. ginger
10. and cayenne in a large soup pot over low heat. Cook
11. stirring frequently
12. for 5 minutes. Pour in tomatoes (without juice) and simmer for 15 minutes. Add water
13. reserved tomato juice
14. and lentils. Bring to a boil
15. then reduce the heat
16. cover
17. and simmer for 1 hour 50 minutes. Increase the heat to medium-high and add garbanzo beans and vermicelli pasta. Cook until noodles are tender yet firm to the bite
18. about 10 minutes. Stir in eggs and lemon juice and cook for 1 minute.