



Chickpea Soup: Harira

 Vegetarian

READY IN



635 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 35 ounce canned tomatoes whole drained canned
- 1 small celery finely chopped (including leaves)
- 4 cups chicken broth organic (preferably)
- 1.5 cups chickpeas dried
- 0.8 cup extra wide egg noodles dried fine
- 0.7 cup cilantro leaves fresh chopped
- 0.5 cup parsley leaves fresh chopped

- 0.5 teaspoon ground cinnamon
- 6 servings accompaniment: lemon wedges
- 1 cup lentils
- 1 large onion finely chopped
- 6 servings salt
- 1 teaspoon turmeric
- 3 tablespoons butter unsalted
- 8 cups water

Equipment

- food processor
- bowl
- sauce pan
- pot

Directions

- Prepare chickpeas: Soak chickpeas in enough water to cover by 2 inches, for 8 to 12 hours, refrigerated.
- Drain chickpeas and rinse well.
- Transfer to a large saucepan and add 8 cups water. Bring to a boil, then reduce heat and simmer, uncovered, until tender, 1 1/4 to 1 1/2 hours. Cool chickpeas and drain, reserving cooking liquid. You should have about 2 1/2 cups liquid (if not, add more water).
- Coarsely puree tomatoes in a food processor.
- Cook onion and celery in butter in a 4-quart heavy pot over moderately low heat, stirring occasionally, until softened.
- Add turmeric, pepper, and cinnamon and cook, stirring, 3 minutes.
- Stir in tomato puree, 1/3 cup cilantro, chickpeas with reserved liquid, vegetable broth, and lentils. Bring to a boil, then reduce heat and simmer, uncovered, until lentils are tender, about 35 minutes.

Stir in pasta and cook, stirring, until tender, about 3 minutes. Stir in parsley, remaining 1/3 cup cilantro, and salt to taste. Divide among bowls and serve.

Nutrition Facts

PROTEIN 19.14% **FAT 19.34%** **CARBS 61.52%**

Properties

Glycemic Index:60.43, Glycemic Load:13.11, Inflammation Score:-10, Nutrition Score:38.308695689492%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 439.16kcal (21.96%), Fat: 9.83g (15.13%), Saturated Fat: 4.11g (25.72%), Carbohydrates: 70.39g (23.46%), Net Carbohydrates: 47.71g (17.35%), Sugar: 15.87g (17.63%), Cholesterol: 19.04mg (6.35%), Sodium: 1075.59mg (46.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.79%), Folate: 468.86µg (117.22%), Manganese: 2.02mg (100.91%), Vitamin K: 103.83µg (98.88%), Fiber: 22.68g (90.72%), Copper: 0.99mg (49.34%), Iron: 8.36mg (46.45%), Vitamin B1: 0.67mg (44.58%), Phosphorus: 406.22mg (40.62%), Potassium: 1331.09mg (38.03%), Vitamin B6: 0.74mg (37.23%), Magnesium: 142.6mg (35.65%), Vitamin C: 28.25mg (34.24%), Vitamin A: 1460.3IU (29.21%), Zinc: 3.95mg (26.32%), Vitamin B5: 2.06mg (20.59%), Vitamin E: 2.92mg (19.48%), Vitamin B3: 3.87mg (19.34%), Selenium: 11.75µg (16.79%), Vitamin B2: 0.28mg (16.63%), Calcium: 157.7mg (15.77%)