

Harira

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



302 kcal

SIDE DISH

Ingredients

- 1 oz angel hair pasta
- 1 lb beef cut into 1/2-in/12-mm cubes
- 1 cup garbanzo beans canned rinsed
- 1 cup celery stalks green finely chopped
- 12 dates
- 12 figs dried
- 0.3 cup flour all-purpose
- 0.3 cup cilantro leaves fresh loosely packed finely chopped

- 0.3 cup parsley fresh loosely packed finely chopped
- 0.5 tsp ground cinnamon
- 1 tsp ground ginger
- 1 juice of lemon
- 1 optional: lemon cut into wedges
- 1 Tbsp olive oil
- 1 medium onion finely chopped
- 8 servings pepper black freshly ground
- 3 Tbsp tomato paste
- 28 oz tomatoes whole with all the juices peeled seeded canned

Equipment

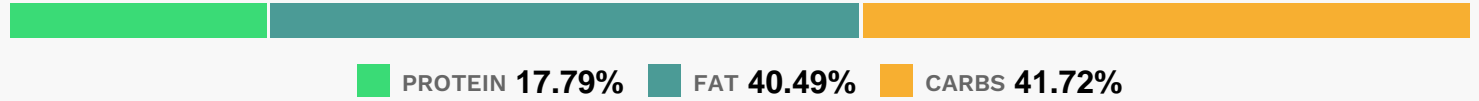
- bowl
- sauce pan
- whisk
- pot

Directions

- In a large soup pot, put the meat, celery, onion, parsley, cilantro, butter, ginger, and cinnamon. Season with salt and plenty of pepper. Cover with 6 cups/1.5 L water, stir well, and bring to a boil over high heat. Reduce the heat to low, cover, and simmer for 1 hour.
- Add the tomatoes, tomato paste, and chickpeas, and stir in 1 1/2 cups/360 ml water. Cover and simmer for 30 minutes.
- Meanwhile, in a small saucepan over low heat, warm 1 cup/240 ml water and whisk in the flour and lemon juice.
- Remove from the heat, let sit for 10 minutes, and then whisk again.
- Add the flour mixture to the soup in a slow but steady stream while continually stirring. Cook, stirring frequently to avoid any sticking, for 10 minutes.
- Sprinkle in the vermicelli and cook until the pasta is tender, about 5 minutes. The texture of the soup should be velvety.

- Serve in bowls with lemon wedges on the side and with the dates and figs on a small platter.
- Reprinted with permission from Morocco: A Culinary Journey with Recipes from the Spice-Scented Markets of Marrakech to the Date-Filled Oasis of Zagora by Jeff Koehler. Copyright © 2012 by Jeff Koehler. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:63.6, Glycemic Load:11.66, Inflammation Score:-8, Nutrition Score:17.603913011758%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Eriodictyol: 3.07mg, Eriodictyol: 3.07mg, Eriodictyol: 3.07mg, Eriodictyol: 3.07mg Hesperetin: 4.31mg, Hesperetin: 4.31mg, Hesperetin: 4.31mg, Hesperetin: 4.31mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 301.63kcal (15.08%), Fat: 14.08g (21.66%), Saturated Fat: 4.73g (29.58%), Carbohydrates: 32.64g (10.88%), Net Carbohydrates: 27g (9.82%), Sugar: 17.07g (18.97%), Cholesterol: 40.26mg (13.42%), Sodium: 161.84mg (7.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.84%), Vitamin K: 59.8µg (56.96%), Vitamin C: 28.64mg (34.72%), Manganese: 0.61mg (30.53%), Vitamin A: 1240.19IU (24.8%), Vitamin B6: 0.45mg (22.64%), Fiber: 5.64g (22.57%), Potassium: 738.9mg (21.11%), Vitamin B12: 1.21µg (20.22%), Zinc: 3mg (19.98%), Selenium: 13.5µg (19.29%), Vitamin B3: 3.83mg (19.17%), Phosphorus: 172.13mg (17.21%), Iron: 2.76mg (15.33%), Magnesium: 50.26mg (12.57%), Folate: 49.22µg (12.31%), Copper: 0.24mg (12.09%), Vitamin B2: 0.17mg (10.09%), Vitamin E: 1.44mg (9.57%), Vitamin B1: 0.14mg (9.26%), Calcium: 72.52mg (7.25%), Vitamin B5: 0.68mg (6.84%)