

Moroccan vegetable soup

INGREDIENTS

- 4 tablespoons olive oil
- 1 Bay leaf
- 1/2 teaspoon cumin
- 6 to 8 garlic cloves, minced
- 1 large onion, diced (about 2 cups)
- 3 stalks celery, diced (about 1 1/2 cups)
- 3 large carrots, peeled and cut in rounds (other choice of vegetables are sweet potatoes, turnips)
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1/2 dried red chile flakes, plus more for serving
- 1/2 teaspoon Ground pepper
- 3/4th teaspoon cayenne pepper
- 1/2 teaspoon taco seasoning(optional)
- Salt to taste
- 1 bunch parsley, chopped or the dried seasoning
- 1 bunch cilantro, chopped
- 1 (15-ounce/425-gram) can tomatoes, crushed, or 2 cups (450 grams) tomato sauce
- 7 cups (1 2/3 liters) chicken or vegetable stock
- 1 cup (200 grams) dried chickpeas, soaked overnight and cooked or 1 (15-ounce/425-gram) can chickpeas, drained

- 1 teaspoon freshly ground black pepper
- Juice of lemons
- Spinach(optional)

PREPARATION

1. Heat olive oil in a large pot over medium-high heat.
2. Add onion and garlic and sauté until the onions begin to turn translucent.
3. Add carrots and celery cook for 5 minutes.
4. Add the turmeric, cumin, chile flakes, 1/2 tsp ground cinnamon, 1 tsp cayenne pepper, 1/2 tsp taco seasoning(optional), 1 teaspoon of salt and sauté for a min
5. Add 1 cup each of the parsley and cilantro, crushed tomatoes, and the stock or water and bring to a boil.
6. If using the soaked chickpeas, drain them and add to the pot. Simmer uncovered for 25 minutes, another teaspoon of salt as per your taste and a teaspoon of pepper and continue simmering until the chickpeas are cooked, about 20 minutes more. If using canned chickpeas omit the first 25 minutes of simmering.
7. If you want a thicker soup ladle some soup in blender blend it and stir into the soup to thicken the soup
8. Simmer the soup about 5 minutes more and serve, sprinkled with the remaining cilantro and parsley and lemon slices to squeeze over the soup.