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moroccan soup

by Ahmed Younis

what you will need

1 tablespoon olive or sunflower oil
 2 onions chopped
 2 sticks of celery
 2 carrots
 200g/8oz lentils
 100g/4oz rice
 2 garlic cloves crushed
 1 teaspoon ground cinnamon
 3 teaspoons cumin
 1 400g can chickpeas
 1 can chopped tomatoes
 100g/4oz vermicelli noodles
 150g/6oz green beans (fresh or frozen)
 fresh coriander chopped

get cooking

In a large saucepan heat the oil and then add the onion, carrot and celery and cook until softened.

Add lentils, rice, garlic, cinnamon and cumin to the pan, then the tomatoes and stock and bring to the boil.

Cover and simmer for 25 minutes and then puree if you wish.

Add the chickpeas, vermicelli and green beans and stir. Simmer for a further five minutes.

Add the coriander and serve.

Serves 6

Preparation time = 15mins

Cooking time = 60mins

**Cost per serving =
less than £1**

**5 a day portions
per serving = 1**

alternatives

Add cooked ham or 5 minutes before serving.

top tips

For an authentic Moroccan dish serve with warm bread, dates and Harissa (North African chilli paste).

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