




Moroccan red lentil and chickpea soup




A hearty and flavoursome soup that's sure to fill you up! Recipe source: Grains & Legumes Nutrition Council

 Serves: 6

 Prep times: 15 mins

 Cook times: 2 hours

 Difficulty: Moderate

Ingredients

- 2 tbsp olive oil
- 400g lean beef or lamb, cubed
- 1 large onion, finely diced
- 3/4 cup dried chickpeas
- 2 litres salt reduced chicken stock or water
- 3/4 cup dried red lentils
- 1/4 cup long grain rice
- 1 red capsicum, deseeded & finely diced
- 2 carrots, finely diced
- 2 tbsp tomato paste
- 1 tbsp ground cinnamon
- 1 bunch coriander, chopped
- black pepper to taste
- 2 400g cans salt reduced crushed tomatoes

Method

1. Heat oil and add meat. Cook until lightly browned. Add onion and cook until softened
2. Add the chick peas and stock or water and bring to the boil, then simmer for 1 – 1 ½ hours, until the chickpeas are tender
3. Add the remaining ingredients, except the coriander. Simmer, stirring often, for 30 minutes or until all ingredients are tender
4. To serve, stir in chopped coriander and season to taste.

Notes

- Reduce the stock by half to produce a thick consistency and serve as a tasty filling in wraps for lunch!

Nutrition information

- Energy: 1490kJ
- Protein: 25.8g
- Total fat: 12.8g
- Saturated fat: 2.8g
- Carbohydrate: 30.1g
- Fibre: 9.3g
- Sodium: 330mg