



RELISH HEALTH

Moroccan Lentil Soup

The warm and cozy spices of this dish take comfort food to a new level. This soup has many variations across the Middle East and is a staple to break the fast of many religious traditions. It has the added benefit of several anti-inflammatory ingredients, including turmeric and ginger.

Author: Erica Leazenby, MD

Servings: 6

Time: about 1 hour (15 minutes active time)

Ingredients:

1-2 Tablespoon olive oil, divided	1 14.5 oz can diced organic tomatoes
8 oz boneless, skinless chicken, cubed (optional)	1 1/2 teaspoon sea salt, more to taste
1 yellow onion, chopped (about 1 cup)	1 can chickpeas, drained and rinsed
2 stalks celery, chopped (about 1/2 cup)	6 cups stock (vegetable or chicken)
2 carrots, chopped (about 1/2 cup)	1/2 cup dried green lentils, rinsed
1 teaspoon ground turmeric	1/4 cup long-grain brown rice
1/2 teaspoon ground cinnamon	2 large handfuls of fresh spinach
1/2 teaspoon ground ginger	1/4 cup cilantro, chopped
1/4 teaspoon ground cumin	1/4 cup parsley, chopped
5-6 grinds of pepper to taste	1 lemon, cut into wedges

Directions:

1. Heat oil in a large stock pot. (If using chicken, add the meat to the pot and season with salt and pepper. Once all sides are browned, remove the chicken from the pot and set aside.) Add a small amount of additional oil to the pot if needed and add onions, carrots and celery. Sauté the veggies until they soften.
2. Add the turmeric, cinnamon, ginger and cumin to the veggies and stir constantly for 1 minute.
3. Add the tomatoes with their juice and the salt. Stir and cook until fragrant.
4. Add in the chickpeas, stock, lentils and rice. (If using chicken, return it to the pot with any accumulated juices.) Bring to a boil. Reduce heat and simmer covered for 40-45 minutes or until lentils and rice are soft.
5. Just before serving, add in the spinach and herbs. Stir until the greens are wilted.
6. Garnish with the juice of a lemon wedge and additional herbs.

Nutrients per serving: Calories 230; Fat 5.5g; Carbohydrates 36g; Fiber 9g; Sugar 3g; Protein 11g

Nutrients per serving with chicken: Calories 286; Fat 7g; Carbohydrates 36g; Fiber 9g; Sugar 3g; Protein 22g

ERICA LEAZENBY, MD CHEF

1200 W. Carmel Drive | Carmel, IN 46032 | 317.975.1011 | erica.leazenby@relishhealthmd.com