



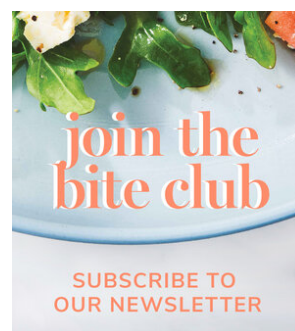
moroccan spiced chicken soup

When the Clash tells me to “Rock the Casbah” who am I to refuse this invitation? I called on the conductor (aka Lisa) to compose a big hit – a thick, hearty and full-bodied soup that would deliver all the allure and rich spices of Morocco. Packed with chickpeas, lentils, noodles and North African flavors, this fragrant soup will take you right to the narrow alleyways and bustling bazaars.

SERVES: 6



julie albert & lisa gnat



ingredients

- 2 tbsp butter
- 1 medium yellow onion, chopped
- 2 large celery stalks, chopped
- 2 large carrots, peeled and chopped
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 (28oz/796ml) can crushed tomatoes
- 3 1/2 cups canned chickpeas, rinsed and drained
- 7 cups chicken broth
- 1 cup dried green lentils
- 1 cup uncooked angel hair pasta, broken into 1-inch pieces
- 2 boneless, skinless chicken breast halves, cooked and shredded
- 1/4 cup chopped fresh Italian flat-leaf parsley

directions

- 1.** In a large soup pot, melt butter over medium-low heat. Add onion, celery and carrots, cooking until softened, about 8-10 minutes. Add cinnamon, turmeric, cumin, salt and pepper and cook, stirring for 2 minutes.
- 2.** Stir in crushed tomatoes, chickpeas, chicken broth and lentils. Bring to a boil and then reduce heat to low, simmering uncovered until lentils are tender, about 30-35 minutes.
- 3.** Add pasta and cook for 5 minutes or until softened. Stir in shredded chicken and parsley, cooking until heated through.

“I often quote myself. It adds spice to my conversation.”

— GEORGE BERNARD SHAW

print

