



## **Moroccan Spiced Chickpea and Noodle Soup**

*Add meatballs or make it vegetarian*

### Mini Meatballs:

1 Tablespoon olive oil

1-pound ground beef, to form into 18 to 20 small meatballs

Salt and ground black pepper to taste

### Noodle Soup:

1 Tablespoons unsalted butter

1 medium onion, thinly chopped, rinsed, patted dry

1 celery stalks with leaves, finely sliced

1 garlic clove, chopped, germ removed

1 Tablespoon ground ginger

1 teaspoon fine sea salt or to taste

1/2 teaspoons freshly ground black pepper

3/4 teaspoons ground turmeric

3/4 teaspoon ground cinnamon

1/4 teaspoon cumin

1/8 teaspoon cayenne pepper

Large pinch of saffron threads

One (14-1/2 ounce) can diced tomatoes in juice or puree

1/4 cup chopped fresh parsley or cilantro

1-quart unsalted vegetable or chicken stock or broth.

1 (15 ounce) can chickpeas drain and rinse

3/4 cup red lentils, split

1/4-pound thin or angel hair pasta, broken into short pieces

1 lemon, sliced into wedges or slices

**For Meatballs:** Place oil in large skillet. Season meat with salt and black pepper; form into 18 to 20 small meatballs. Precook meatballs: Brown over medium heat for about 5 to 8 minutes, browning all sides. Set meatballs aside.

**For Noodle Soup:** In clean large skillet over medium low heat melt butter, cook onion, and celery. For about 4 minutes or vegetables start to soften. Add garlic and cook 1 minute longer. Add spices, stir to blend with vegetables for 30 seconds; then stir in tomatoes and half of parsley; return the meatballs, bring to a simmer; cook over low heat for 15 minutes covered.

Add broth or water to the pot; increase the heat; bring to a boil; adjust the heat to simmer; add drained chickpeas; partially cover pot; let simmer for about 30 minutes. Add more liquid as needed.

Add lentils, cook partially covered; cook for 20 minutes more until softened; taste; season to taste. before serving, stir in pasta that has been cooked for about 4 minutes and the remainder of parsley or cilantro. Lemon juice is traditional to serve; add it in the kitchen or serve with lemon slices at the table. 4 Servings

**Recipe Inspired by:** Dorie Greenspan; *Everyday Dorie The Way I Cook*, A Russ Hardin Book, Houghton Mifflin Harcourt, 2018.

**Cook's Note:** Dorie doubles this recipe and cooks her red lentils for 1 hour. The red lentils we used were split and needed less cooking time. Do try squeezing some lemon juice over this dish. It adds a wonderful flavor.

**About the Recipe:** The Moroccan soup or stew is simple and so satisfying, and like many dishes, it's better when served the next day. Its roots are in Northern Africa and the spices add an exotic and delicious flavor. This Hariri traditional dish has several add-ins of pasta, chickpeas, and lentils. The combined flavors are almost magical when blended together. Serve it vegetarian style or with the tiny meatballs.