

Harira Soup

serves 4-6

1 c. Chick pea
1 c. lentils
1 c. dried peeled fava beans
1 ½ c. white flour
½ c oil
½ c rice
½ c vermicelli
2 T. tomato paste
1 # plum tomatoes, peeled
1 lg yellow onion diced ed
1 bunch cilantro-chopped
1 sm bunch parsley;-chopped
2 sticks celery diced-
4 qts water
½ t. black pepper
½ t cumin
1 T. salt
2 cloves garlic minced
1 T lemon juice

Soak chick peas overnite to ensure they will cook evenly with other ingredients. Reserve the vermicelli flour and lemon juice for later. Combine remainder of the ingredients in large pot, let boil for about 40 minutes. Check a chick pea to determine if it is done. Once they are done add the vermicelli. In a separate bowl whisk the flour with an additional pint of warm water until no lumps are present. Add the lemon juice to the flour mixture, then add flour mixture into soup to thicken. Simmer for a few minutes then serve.