Moroccan Lentil and Chickpea Soup

FOODSERVICE

SERVING SIZE: **20**

Ingredients

- 1 cup Onion, Finely Diced
- 1/2 tablespoon Ginger, Grated
- 2 tablespoons Canola Oil
- 1 1/2 tablespoons Garlic, minced
- 2 1/2 cups Carrot, Diced
- 1 cup Red Bell Pepper Diced
- 3 cups **Furmano's Petite Diced Tomatoes**
- 4 cups Vegetable Stock
- 2 tablespoons Harissa Seasoning
- 2 teaspoons Smoked Paprika
- 1 teaspoon Cumin
- 1 teaspoon Cinnamon
- 2 cups **Furmano's Fully Cooked Lentils**, Drained and Rinsed
- 3 cups **Furmano's Chick Peas (Garbanzo Beans)**, Drained & Rinsed
- 1 tablespoon Lemon Juice
- 1/2 cup Cilantro, Chopped
- 1 tablespoon Kosher Salt
- 2 teaspoons Black Pepper

In This Recipe



Fully Cooked Lentils - 24 oz.



Fully Cooked Lentils - 108 oz.



Low Sodium - All Natural Extra Fancy Chick Peas (Garbanzo Beans)



Petite Diced Tomatoes In Juice

Preparation

1. In a large pot turn on heat and add oil, once oil starts to shimmer add in Carrots and Onions and sweat.
2. Add in Ginger, Garlic and Red Bell Pepper and saute.
3. Add in Petite Diced Tomatoes and Stock along with Spices and bring to a boil.
4. After brought to a boil, then turn down heat to a simmer and add in Lentils,Chickpeas,and Lemon Juice simmer for about an hour. Heat to 165°F
5. Garnish with fresh cilantro.

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