

Spiced Moroccan Lentil and Chickpea Soup

with Sour Cream and Toasted Pita

Ras-El-Hanout is a spice blend common in North African cuisine, and features heavily in Moroccan cuisine. Blends can be slightly different depending on the region and can contain anywhere from 10 to 100 different spices! This spice is what makes this soup so flavourful and aromatic!



Prep 30 min



Veggie







Chickpeas





Red Onion





Tomato Passata



Ras-El-Hanout Seasoning





Cayenne

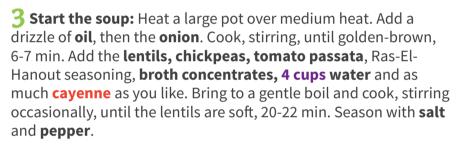


Ingredients		2 People		Ξ_
Red Lentils		1 pkg (113 g)	.:	≣
Chickpeas		1 box	7 11101 80110	4-
Pita	1)	2	1) Wheat/Blé	
Red Onion, diced		1 pkg (56 g)	2) Milk/Lait	≣_
Cilantro		1 pkg (10 g)		4.
Tomato Passata		1 box	Ruler	≣_
Ras-El-Hanout Seasoning		1 pkg (1 tbsp)	₩ 0)
Cayenne 🧈		1 pkg (1 tsp)	Tools	
Vegetable Broth Concentrate		2 pkg	Strainer, Large Pot, Measuri	ng
Sour Cream	2)	1 pkg (3 tbsp)	Cups	
Olive or Canola Oil*				

Nutrition per person Calories: 812 cal | Fat: 13 g | Protein: 41 g | Carbs: 126 g | Fibre: 27 g | Sodium: 1118 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

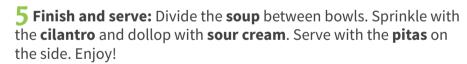


- 1 Preheat the oven to 425°F (to warm the pitas). Start prepping when the oven comes up to temperature!
- **2 Prep: Wash and dry all produce.** Rinse the **lentils**. Drain and rinse the **chickpeas**. Roughly chop the **cilantro**.





4 Warm the pitas: Wrap the **pitas** in tin foil and place in the oven to warm for 4-5 min. (You can skip this step if you don't want to warm the pitas!)





DID YOU KNOW? Chickpeas, also known as 'garbonzo beans,' are high in a nutrient called 'folate.' This B-vitamin is important for healthy nervous system function. It also helps to reduce the risk of heart disease.

