

Moroccan veggie soup

🕒 45 Minutes 🍽️ Serves 4 🍴 Easy

Check out our easy Moroccan vegan soup recipe with lemons, chickpeas and plenty of spice. This low calorie soup serves four and ready in under an hour

Ingredients

vegetable oil 2 tsp

onion 1, finely chopped

celery 3 sticks, finely chopped

garlic 3 cloves, finely chopped

preserved lemons 2, flesh discarded and rind finely chopped

red chillis 2, deseeded and finely chopped

tomato purée 1 tbsp

ground cumin 2 tsp

ground turmeric 1 tsp

ground cinnamon ½ tsp

chopped tomatoes 400g tin

potato 1 large (350g), cut into 2cm chunks

chickpeas 400g tin, drained and rinsed

spinach 80g

flat-leaf parsley a bunch, roughly chopped

lemon 1 ½ juiced and ½ wedged to serve

Method

STEP 1

Heat the vegetable oil in a large pan and add the onion, celery and a pinch of salt. Put on a lid and cook gently for 10 minutes, stirring regularly. Add the garlic, preserved lemons and red chillies, and cook for 2 minutes. Add the tomato purée and spices, and cook for a further 2 minutes before adding the chopped tomatoes, potato, chickpeas and 1.25 litres of boiling water.

STEP 2

Bring to the boil, then turn down and simmer for 30 minutes until the potatoes are tender. Tip in the spinach, flat-leaf parsley and a little seasoning, and stir for 1 minute until wilted. Add the lemon juice, then spoon into bowls with lemon wedges for squeezing.

Nutritional Information

Kcals	Fat	Saturates	Carbs	Sugars	Fibre	Protein
212	4.2g	0.4g	30.8g	7.8g	7.9g	8.9g
Salt	0.9g					