

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