

## North African Spiced Soup Recipe



### Ingredients 🍴

- 1- large onion, chopped
- 5- cups vegetable stock
- 1- teaspoon ground cinnamon
- 1- teaspoon turmeric
- 1- tablespoon grated ginger
- Pinch of cayenne pepper
- 2- carrots , diced
- 2- celery sticks, diced
- 1- ( 14 ounce) can chopped tomatoes or fresh.....
- 1- pound of potatoes floured- diced
- 5- strands saffron
- 1- ( 14 ounce) can chickpeas drained
- 2- tablespoon chopped fresh cilantro
- 1- tablespoon lemon juice
- Salt and pepper to taste
- Fried wedges of lemon to serve

### Directions 🍴

1. Place the chopped onion in a large pot with 1 1/4- cups of the vegetable stock
2. Bring the mixture to a boil and simmer gently for about 10 minutes.
3. Meanwhile, mix together the cinnamon, turmeric, ginger, cayenne pepper and 2 tablespoon of the stock to form a paste
4. Stir into the onion mixture with the carrots, celery and remaining stock....
5. Bring the mixture to a boil, reduce the heat, then cover and gently simmer for 5 minutes.....
6. Add the tomatoes and potatoes and simmer gently, covered for 20 minutes
7. Add the saffron, chickpeas, cilantro and lemon juice.
8. Season to taste and when piping hot serve with fried wedges of lemon and your favorite crusty bread .....
9. Serves 6