

Tomatoes and Chickpea Harira Soup

6-8 servings, cooking time 100 - 120 minutes, prep time - 20 minutes

60 ml olive oil
6 tomatoes peeled and grated
3 onions chopped or grated finely
1 tb parsley
1 and half tb celery fine chopped
100 grams chickpeas - soaked overnight
40 gram vermicelli
3 tb whole wheat flour

1/2 ts black pepper
1/2 ts turmeric
1/2 ts ground ginger
1 and half ts salt
1/2 ts cinnamon
2 tb tomato paste
750 ml regular water
1.5 liter boiled water
80 grams lentils soaked over night
250 grams boneless beef or lamb
handful of bones
1 tb ghee or smen (fermented butter)

Serve with lemons, dates, boiled eggs with salt and cumin

Put all in pressure cooker for 1 hour except vermicelli and flour. when soup done mix flour with 3 tb water to make a paste, then add to soup. put vermicelli in for last 10 minutes.

Garlic Eggs

2 eggs boiled and sliced
1 tb olive oil
3 cloves garlic

put olive oil and crushed garlic over eggs and serve.

From Layla B Postpartum Series