Moroccan Spiced Lentil, Chickpea and Fava Bean Soup

YIELD: 6 servings

INGREDIENTS:

\* 3 Tablespoons olive oil

\* 2 onions, sliced

\* 4 cloves garlic, thinly sliced

\* 1/2 teaspoon ground ginger

\* 1/2 teaspoon ground turmeric

\* 1 teaspoon cinnamon

\* 4 cups canned diced tomatoes, in their juice

\* 1/2 teaspoon sugar

\* 3/4 cup lentils, rinsed and drained

\* 6 cups vegetable or chicken broth or stock

\* 1 cup dried chickpeas, soaked overnight, boiled until tender, and drained (or

substitute a 15 oz can of chickpeas)

\* 1 cup dried fava beans, soaked overnight, boiled until tender, and drained

\* 1/2 cup chopped cilantro

\* salt and pepper to taste

DIRECTIONS:

Heat the oil in a stockpot or very large saucepan over medium heat. Add the

onions and garlic and cook until the onion has softened. Add the ginger,

turmeric, cinnamon and stir to mix. Stir in the diced tomatoes, sugar and lentil

and pour in the broth or stock. Bring the mixture to a boil, then reduce heat

and simmer, covered, until the lentils have softened, about 25 minutes.

Add the chickpeas and fava beans and simmer another 10 minutes to allow the

flavors to meld and the soup to heat through.

Add the cilantro and add salt and pepper to taste.