



# MOROCCAN VEGETABLE SOUP

Makes 4-6 servings

## INGREDIENTS

2 tablespoons unrefined coconut or olive oil  
1 onion, chopped  
2 stalks celery, diced  
2 carrots, diced  
1 1/4 teaspoons ground turmeric  
3/4 teaspoon ground cinnamon  
3/4 teaspoon ground ginger  
3/8 teaspoon ground cumin  
4 or 5 grinds of black pepper  
1 18-ounce jar of diced tomatoes with the juice  
1 teaspoon sea salt, plus more to taste  
2 medium sweet potatoes, peeled and chopped  
6 cups vegetable stock  
1 15-ounce can chickpeas, drained and rinsed  
1 cup cauli-rice, fresh or frozen  
1/4 cup chopped fresh cilantro leaves  
1/4 cup chopped fresh parsley leaves  
3 cups lightly packed fresh spinach leaves

Credit: Pamela Salzman

## INSTRUCTIONS

Heat the oil in a medium stockpot and add the onion, celery, and carrot and cook until tender, about 6 minutes. Add the turmeric, cinnamon, ginger, cumin and black pepper and cook for 1 minute, stirring constantly to prevent scorching.

Add the tomatoes with the juice, and sea salt. Cook until fragrant, about 2 minutes.

Add the stock and sweet potato and bring to a boil. Reduce heat to low and simmer, covered for 20 to 25 minutes, until sweet potato is tender.

Add chickpeas, cauli-rice, cilantro and parsley and cook until cauli-rice is tender, about 5 minutes. Add additional stock if you want it thinner. Stir in spinach leaves. Serve with a wedge of lemon for squeezing over each portion.