

Moroccan Harira Detox Soup

Ingredients: 1/2 cup dried lentils 1/2 cup chickpeas, soaked overnight
1 onion,
finely chopped 2 tomatoes, peeled and chopped
1/4 cup chopped celery
1/4 cup chopped parsley
1/4 cup chopped cilantro
1/2 tsp turmeric
1/2 tsp ginger powder
1/2 tsp cinnamon
1 tbsp olive oil
6 cups vegetable broth Juice of
1/2 lemon Salt and pepper to taste

Instructions:

Heat olive oil in a pot, sauté onions, celery, and spices until fragrant.

Add tomatoes, lentils, chickpeas, and herbs.

Pour in the broth, bring to a boil, then simmer for 45 minutes until tender.

Stir in lemon juice, season to taste, and serve hot. Health

Benefits: Rich in fiber and antioxidants, this soup supports liver function and reduces inflammation