

## Healthy Maghrib soup

Meal time: Iftar

Meal type: Meat

Country of origin: Middle East

Difficulty: Easy

Servings: 3

Total time: 1 hour 15 minutes

Calories: 300 Kcal

### Ingredients

100g lamb cut into medium-sized pieces

1 large finely chopped tomato

1 large onion finely chopped (+/-130g)

Salt and black pepper

Half a can of chickpeas (+/- 120g)

2 medium carrots diced (+/-130g)

1 large zucchini diced (+/-130g)

50g of coriander

1 stick celery, chopped

1 TSP of seven spice

1 TBSP vegetable oil

1 liter of water

### Instructions

1. In a deep saucepan on medium heat, add the meat, finely chopped tomato, finely chopped onion, fresh coriander, celery, salt, black pepper and sunflower oil, and stir well.
2. Let the ingredients cook for 10 minutes.
3. Now add carrots, zucchini, seven spices, and 1 liter of water. Stir.
4. Continue to cook for 50 minutes over a medium heat, stirring occasionally.
5. Remove all the pieces of meat and mix the veggies by using a hand blender until smooth. Return the meat to the soup.
6. Now the Maghreban soup is ready, pour it into bowls, garnish with a slice of lemon and some fresh coriander and serve.