



## Harira Soup

Ingredient	10 Portions	50 Portions	100 Portions
Oil	To fry	To fry	To fry
Diced Onions	500g	2.5kg	5kg
Garlic	4 cloves	1 bulb	2 bulb
Turmeric	10g	50g	100g
Cumin	10g	50g	100g
Cinnamon	5g	25g	50g
Diced Red peppers	200g	1kg	2kg
Tomato base sauce (FFT recipe)	0.5 ltrs	2.5 ltrs	5 ltrs
Paprika	10g	50g	100g
Vegetable stock	1.5 ltrs	7.5 ltrs	15 ltrs
Red lentils	200g	1 kg	2 kg
Diced Carrots	400g	2 kg	4 kg
Diced Sweet potato	400g	2 kg	4 kg
Diced Celery	400g	2 kg	4 kg
Fresh Corriander	30g	150g	300g

### Key Points

This soup can be prepared the day before.

### Method

1. Heat the oil in a pan and fry the onions and garlic
2. Add the spices, diced red peppers, diced carrots, diced sweet potato and diced celery and stir for a few minutes
3. Add the tomato base sauce, vegetable and stock and simmer for about 45 mins
4. Add chopped coriander just before service

**Allergens** Celery