



Spicy Moroccan Chickpea and Tomato Soup with Harissa is a flavorful and hearty dish that combines the richness of tomatoes, the earthiness of chickpeas, and the fiery kick of harissa. This vibrant soup brings together a unique blend of spices, creating a satisfying meal that's perfect for any occasion. Whether you're craving a comforting dish on a chilly evening or looking to impress guests with something exotic, this Moroccan-inspired soup delivers on both taste and nutrition. With its easy-to-follow recipe and the perfect balance of heat and tang, this soup is a true crowd-pleaser. Let's dive into how to create this delicious and spicy soup, packed with layers of complex flavors that will warm you from the inside out.

Easy and Quick Moroccan Tomato Soup with Chickpeas: A Perfect Weeknight Meal

Ingredients You'll Need:

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon turmeric
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (28 oz) crushed tomatoes
- 4 cups vegetable broth
- 2 tablespoons harissa paste (adjust to taste)
- Salt and black pepper to taste
- Fresh cilantro or parsley for garnish

Step-by-Step Instructions:

1. Prepare the Base

Heat olive oil in a large pot over medium heat. Add the chopped onion and garlic, and sauté until softened and fragrant, about 3-4 minutes.

2. Add the Spices



Stir in the cumin, smoked paprika, cinnamon, and turmeric. Cook for 1-2 minutes, allowing the spices to release their aromas.

3. Combine Key Ingredients

Add the chickpeas, crushed tomatoes, and vegetable broth. Stir well and bring the mixture to a boil.

4. Simmer the Soup

Reduce the heat to low and mix in the harissa paste. Allow the soup to simmer for 15-20 minutes, letting the flavors meld together.

5. Season and Garnish

Taste the soup and adjust with salt and pepper as needed. Serve hot, garnished with fresh cilantro or parsley for a burst of freshness.

Pro Tip:

- Serve this soup with crusty bread or a side of warm flatbread for a complete and satisfying meal.

This simple yet flavorful dish proves that comfort food can be both delicious and easy to prepare, even on the busiest weeknights.

Step-by-Step Guide to Making Spicy Moroccan Chickpea and Tomato Soup with Harissa

Follow this easy guide to make your own spicy Moroccan chickpea and tomato soup:

Ingredients You'll Need:

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon ground cinnamon



- ¼ teaspoon cayenne pepper (optional for extra heat)
- 2 cups canned crushed tomatoes
- 1½ cups cooked or canned chickpeas (drained and rinsed)
- 2 cups vegetable stock
- 1 tablespoon harissa paste
- Salt and pepper to taste
- Fresh parsley or cilantro for garnish

Directions:

1. Sauté the Aromatics

Heat the olive oil in a large pot over medium heat. Add the onion and garlic, cooking until soft and fragrant, about five minutes.

2. Bloom the Spices

Stir in cumin, paprika, cinnamon, and cayenne pepper. Toast the spices for one minute to unlock their full flavor.

3. Add Tomatoes and Chickpeas

Pour in the crushed tomatoes and chickpeas. Cook for 3-5 minutes to allow the ingredients to blend.

4. Simmer the Soup

Add vegetable stock and harissa paste. Bring the mixture to a boil, then reduce the heat to low. Simmer for 20 minutes, stirring occasionally.

5. Season and Garnish

Season with salt and pepper to taste. Serve hot, garnished with fresh parsley or cilantro.

It's that easy! A warm bowl of spicy Moroccan tomato soup with chickpeas is ready to enjoy.

Spicy Moroccan Chickpea and Tomato Soup with



Harissa: A Flavorful Fusion of Heat and Comfort

Why You'll Love This Recipe

- **Rich and Spicy:** The harissa paste brings a robust heat balanced by the sweetness of tomatoes.
- **Healthy and Nourishing:** Packed with protein-rich chickpeas and fresh ingredients.
- **Simple and Quick:** Easy to prepare with just a few steps.
- **Perfect for Any Occasion:** A comforting dish for cool evenings or as an exotic addition to any meal.

Tips for the Best Results

- **Use Quality Ingredients:** Opt for fresh parsley, high-quality crushed tomatoes, and flavorful harissa for the best taste.
- **Adjust the Heat:** If you prefer a milder flavor, use less harissa paste.
- **Serve with Sides:** Pair this soup with crusty bread or fluffy couscous for a complete meal.
- **Make it Vegan-Friendly:** This recipe is naturally vegan, using vegetable stock as a base.

This hearty soup promises a burst of Moroccan flavors that will delight your taste buds!

How to Prepare the Best Moroccan Tomato Soup with Chickpeas

Steps:

1. Prepare the Ingredients

Gather all your ingredients before starting. You will need olive oil, onion, garlic, crushed tomatoes, vegetable stock, chickpeas, harissa paste, ground cumin, paprika, fresh parsley, and salt to taste.

2. Sauté the Aromatics

Heat olive oil in a large pot over medium heat. Add the chopped onion and garlic, then sauté until they are soft and fragrant, about 5 minutes.



3. Add the Spices

Stir in the harissa paste, ground cumin, and paprika. Cook for an additional 1-2 minutes to release the aromatics and enhance the flavors.

4. Combine the Base Ingredients

Pour in the crushed tomatoes and vegetable stock. Stir the mixture thoroughly and bring it to a gentle simmer.

5. Add the Chickpeas

Rinse and drain the chickpeas, then add them to the pot. Simmer the soup for 20-25 minutes, allowing the flavors to meld together.

6. Season and Adjust

Taste the soup and add salt as needed. If you prefer a thinner consistency, add a bit more vegetable stock and mix well.

7. Finish with Fresh Parsley

Once cooked, garnish the soup with freshly chopped parsley for a vibrant touch and extra flavor.

8. Serve and Enjoy

Ladle the soup into bowls and serve hot, accompanied by crusty bread or couscous as a side. Enjoy the delightful Moroccan-inspired flavors!

Why You Should Try the Spicy Tomato and Chickpea Soup Today

Still need convincing? Here's why you should give this soup a try:

- **Full of Flavor:** It's an explosion of spices and textures that will elevate your taste buds.
- **Healthy and Filling:** Packed with plant-based protein, fiber, and antioxidants.
- **Comforting Yet Exciting:** Like your favorite tomato soup but with a punch.



If you're looking to make an unforgettable impression at your next dinner party, or simply want to spice up your weeknight meals, this soup is the ultimate crowd-pleaser.

Exploring the Health Benefits of Chickpeas in Your Tomato Soup

Chickpeas are more than just a filler ingredient—they're a nutritional powerhouse!

- **Rich in Protein:** Perfect for vegetarians and vegans looking to meet protein needs.
- **Packed with Fiber:** Promotes digestive health and keeps you full longer.
- **Loaded with Micronutrients:** Iron, magnesium, and B vitamins are just a few of the health benefits chickpeas bring.

Adding chickpeas to your Moroccan tomato soup not only enhances its texture but also makes it a nutritious choice for any meal.

Discover the Rich Flavors of Moroccan Lentil and Chickpea Soup Recipe

Ingredients:

- 1 cup dried lentils, rinsed
- 1 cup cooked chickpeas
- 1 large onion, diced
- 3 garlic cloves, minced
- 2 carrots, sliced
- 2 celery stalks, chopped
- 1 can (14 oz) of diced tomatoes
- 4 cups vegetable broth
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon smoked paprika
- 1/2 teaspoon turmeric
- Salt and pepper to taste
- 2 tablespoons olive oil
- Fresh cilantro or parsley for garnish



Instructions:

1. Prepare the Base

Heat the olive oil in a large pot over medium heat. Add the diced onion, garlic, carrots, and celery. Cook until the vegetables are softened, about 5 minutes.

2. Add the Spices

Stir in the cumin, coriander, smoked paprika, turmeric, salt, and pepper. Toast the spices for 1-2 minutes until aromatic.

3. Combine Lentils and Chickpeas

Add the rinsed lentils and cooked chickpeas to the pot. Stir well to evenly coat them in the spice mixture.

4. Add Liquids and Simmer

Pour in the vegetable broth and diced tomatoes (along with their juice). Bring the mixture to a boil, then reduce the heat to a simmer. Cover the pot and cook for about 30-35 minutes, or until the lentils are tender.

5. Adjust Seasoning

Taste the soup and adjust the seasonings if needed with more salt, pepper, or spices.

6. Serve and Enjoy

Ladle the soup into bowls and garnish with fresh cilantro or parsley. Serve warm with crusty bread or over rice for a hearty and satisfying meal.

Enjoy the comforting and aromatic flavors of this Moroccan-inspired dish!

Combining Spices and Comfort: Half Baked Harvest Tomato Soup and Grilled Cheese Variation



Ingredients for Tomato Soup

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 2 tablespoons tomato paste
- 2 teaspoons smoked paprika
- 1 teaspoon cumin
- 1/4 teaspoon crushed red pepper flakes (optional)
- 28 oz can of whole peeled tomatoes
- 2 cups vegetable or chicken broth
- 1/3 cup heavy cream or coconut milk
- Salt and black pepper to taste

Steps for Tomato Soup

• Sauté the Aromatics

Heat the olive oil in a large pot over medium heat. Add the chopped onion and cook until softened, about 4-5 minutes. Stir in the garlic and cook for 1 minute, or until fragrant.

• Add the Spices and Tomato Paste

Mix in the tomato paste, smoked paprika, cumin, and crushed red pepper flakes if using. Cook for another 1-2 minutes, allowing the spices to bloom.

• Simmer the Soup

Pour in the whole peeled tomatoes along with their juices and use a spoon or masher to gently break them apart. Add the broth and bring the mixture to a boil. Reduce the heat to a simmer, cover, and cook for 20-25 minutes, stirring occasionally.

• Blend Until Smooth

Use an immersion blender or a countertop blender to purée the soup until smooth. Stir in the heavy cream or coconut milk and adjust the seasoning with salt and pepper as needed.

Grilled Cheese Variation

- 4 slices of sourdough or your favorite bread



- 4 slices of sharp cheddar cheese
- 2 slices of mozzarella cheese
- 2 tablespoons butter

Steps for Grilled Cheese

- **Prepare the Bread and Cheese**

Lay the bread slices out and place a slice of cheddar, a layer of mozzarella, and then another slice of cheddar on two of the slices. Top with the remaining bread slices.

- **Cook the Sandwiches**

Heat 1 tablespoon of butter in a skillet over medium heat. Add the [sandwiches](#) and cook for 3-4 minutes per side, or until golden brown and the cheese has melted. Add the remaining butter while flipping the sandwiches for an even crust.

- **Serve and Dip**

Slice the grilled cheese sandwiches in half and serve them alongside the warm tomato soup for dipping.

Indulge in this classic pairing of creamy, spiced tomato soup with gooey, golden-brown grilled cheese – a timeless comfort meal elevated with flavorful touches!

How Harissa Elevates the Flavor of Your Moroccan Chickpea and Tomato Soup

Steps to Enhance with Harissa

- **Prepare the Base Ingredients**

Start by sautéing onions, garlic, and a touch of olive oil in a large pot over medium heat. Once softened, add chickpeas, diced tomatoes, and vegetable stock to create the base of the soup.

- **Add the Harissa Paste**

Stir in 1-2 tablespoons of harissa paste, depending on your spice tolerance. This North



African spice blend combines chili peppers, garlic, and aromatic spices to provide a smoky heat and depth of flavor to the dish.

- **Simmer and Blend**

Allow the soup to simmer for 20-25 minutes, letting the flavors meld together. For a smoother texture, you can partially blend the soup using an immersion blender, leaving some chickpeas whole for added texture.

- **Finish with Fresh Herbs**

Stir in a handful of chopped fresh cilantro or parsley before serving. The herbs add a burst of freshness that complements the rich, spiced notes of the harissa.

- **Serve and Savor**

Ladle the soup into bowls and garnish with a dollop of yogurt or a drizzle of olive oil if desired. Pair it with crusty bread or grilled cheese for a [comforting and satisfying meal](#).

Harissa not only enhances the flavor but transforms your Moroccan chickpea and tomato soup into a culinary experience packed with warmth and complexity.

Conclusion

This soup is not only comforting and flavorful but also versatile and easy to customize. Whether you're making it for a quick dinner, meal prep, or serving it to guests, it's sure to be a hit. With simple ingredients and a straightforward process, it's a recipe you'll want to keep in your rotation. Enjoy the warmth and nourishment it brings to your table!

FAQs

1. What is harissa, and where can I find it?

Harissa is a flavorful North African chili paste made with a blend of chili peppers, garlic, olive oil, and spices. It is often used to add heat and depth to dishes. You can find harissa in the international foods section of most grocery stores or specialty markets.

2. Can I make this soup ahead of time?



Yes! This soup is perfect for meal prepping. You can make it a day or two ahead, as the flavors develop even further over time. Store it in an airtight container in the refrigerator and reheat gently on the stovetop when ready to serve.

3. Is this recipe adaptable for different dietary needs?

Absolutely. For a vegan version, skip the yogurt garnish and use plant-based alternatives like coconut yogurt. If you prefer a milder soup, reduce or omit the harissa to adjust the spice level.

4. Can I use dried chickpeas instead of canned?

Yes, you can substitute dried chickpeas. Make sure to soak them overnight and cook them until tender before adding them to the soup. This will require additional preparation time but can enhance the flavor and texture.

5. What can I serve with this soup?

This soup pairs wonderfully with crusty bread, pita, or a side salad for a complete, hearty meal. For extra indulgence, pairing it with grilled cheese or naan bread is a delicious option.