

# HARIRA

## INGREDIENTS

1¼ pounds boneless leg of lamb, trimmed and cut into 1-inch cubes  
 ½ teaspoon salt  
 ¼ teaspoon black pepper  
 1 tablespoon olive oil  
 1 cup chopped onion  
 1 tablespoon tomato paste  
 4 cups water  
 1 cup drained canned chickpeas (garbanzo beans)  
 ½ teaspoon ground cinnamon  
 ¼ teaspoon ground red pepper  
 2 cups chopped tomato  
 ½ cup dried small red or brown lentils  
 ½ cup chopped red bell pepper  
 ½ cup hot cooked angel hair (about 1 ounce uncooked pasta)  
 1 tablespoon minced fresh cilantro  
 1 tablespoon fresh lemon juice

## PREPARATION

Sprinkle the lamb with salt and black pepper. Heat oil in a large Dutch oven over high heat. Add lamb; cook 5 minutes or until browned, stirring occasionally. Add onion; cook 1 minute, stirring frequently. Stir in tomato paste; cook 1 minute, stirring frequently. Stir in water, chickpeas, cinnamon, and ground red pepper. Bring to a boil; reduce heat, and simmer 30 minutes.

Stir in tomato, lentils, and bell pepper. Bring to a boil; reduce heat, and simmer 30 minutes or until lentils are tender. Stir in pasta, cilantro, and juice; cook 1 minute or until thoroughly heated.

