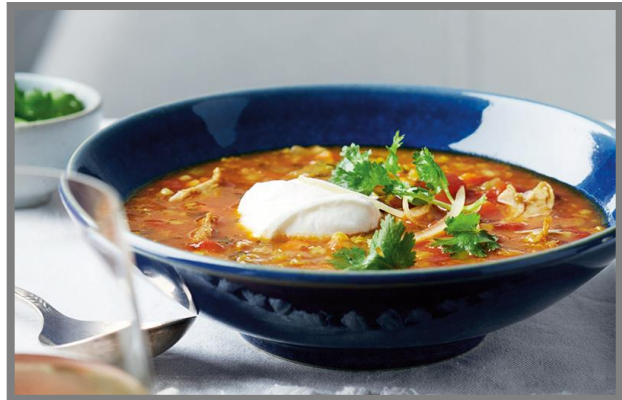


Moroccan Chicken Lentil & Barley Soup

Ingredients:

- 2 tbsp olive oil
- 4 skinless boneless chicken thighs
- 1 onion, finely chopped
- ½ cup finely chopped parsley
- ½ cup chopped coriander
- 3 cloves garlic
- 1 tbsp finely grated ginger
- 1 tbsp cumin seed
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp cinnamon
- 1 ½ cup dried red lentils
- 1 can plum tomatoes
- 8 cups low sodium chicken stock
- ¼ cup pearl barley
- 2 tbsp lemon juice



Directions:

1. In a large pot, heat half the oil over medium heat. Season chicken with salt and pepper. Add to pot. Cook, turning occasionally, until deep golden, about 8 minutes. Set aside on a plate.
2. Add remaining oil to pot. Add carrots, onion, parsley, and coriander. Cook over medium heat, stirring occasionally, until vegetables are tender, about 5 minutes. Add garlic, ginger, cumin, turmeric, paprika and cinnamon. Cook just until garlic is tender, about 1 more minute. Return chicken and any juices to pot. Stir.
3. Add lentils, tomatoes, stock and barley. Using a potato masher, crush and break up tomatoes into bite-sized pieces. Bring to a boil, then cover and gently simmer until lentils and barley are very tender, about 40 minutes. Remove chicken. Shred the meat then return it to pot. Add lemon juice, season with pepper for taste.

Enjoy!

Makes 14 cups.

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