

# Slow-Cooker Moroccan Lentil Soup

Like most soups, this Moroccan lentil soup recipe gets better with time as the complex seasonings have time to develop. Make it a day ahead if you can — this easy slow cooker/crock pot recipe variation makes it a cinch to get the soup cooking while you do other things.



## Ingredients

- 2 cups chopped onions
- 2 cups chopped carrots
- 4 cloves garlic, minced
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- ½ cup chopped fresh cilantro
- 2 tablespoons lemon juice
- ¼ teaspoon ground pepper
- 6 cups vegetable broth or reduced-sodium chicken broth
- 2 cups water
- 3 cups chopped cauliflower
- 1 ¾ cups lentils
- 1 28-ounce can diced tomatoes
- 2 tablespoons tomato paste
- 4 cups chopped fresh spinach or one 10-ounce package frozen chopped spinach, thawed

## Instructions

1. Combine onions, carrots, garlic, oil, cumin, coriander, turmeric, cinnamon and pepper in a 5- to 6-quart slow cooker. Add broth, water, cauliflower, lentils, tomatoes and tomato paste and stir until well combined.
2. Cover and cook until the lentils are tender, 4 to 5 hours on High or 8 to 10 hours on Low.
3. During the last 30 minutes of cooking, stir in spinach. Just before serving, stir in cilantro and lemon juice.

### Nutrition Per Serving

158 Calories, Total Fat: 1 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Carbohydrates: 28 g, Fiber: 6 g, Total Sugars: 5 g, Added Sugars: 0 g, Protein: 9 g, Sodium: 459 mg, Potassium: 619 mg, Iron: 3 mg, Folate: 107 mcg, Calcium: 75 mg, Vitamin A: 5138 IU, Vitamin C: 30 mg

**Carbohydrate Servings:** 1 ½

### Yield:

12 servings,  
about 1 ¼ cups  
each

### Active Time:

30 minutes

### Total Time:

4 ½ to 5 ½  
hours on High  
or 8 ½ to 10 ½  
hours on Low

## Make Ahead Tips:



Stir in spinach (Step 3), cover and refrigerate for up to 3 days or freeze for up to 6 months. Stir in cilantro and lemon juice just before serving.