

# Joy of Living Cooking School

## March 2022 – Mediterranean

### Moroccan Soup (8 Servings)

- 1 Large Onion, chopped
- 3 Garlic Cloves, minced
- 1 tablespoon Ginger, grated
- 1 tablespoon Cumin, ground
- 1 teaspoon Coriander, ground
- 1 teaspoon Paprika, ground
- 1 Lemon, sliced
- 1 can Tomatoes, diced
- 1 cup Cherry Tomatoes, halved
- 1 cup Red Lentils, rinsed
- 1 can Garbanzo Beans, drained and rinsed
- 1 quart Vegetable Stock (low-sodium)
- 1 bunch Kale, stems removed



Nutrition Facts	
Servings: 8	
Amount per serving	
<b>Calories</b>	<b>253</b>
	% Daily Value*
<b>Total Fat</b> 2g	3%
Saturated Fat 0.2g	1%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 168mg	7%
<b>Total Carbohydrate</b> 45.4g	17%
Dietary Fiber 15.5g	55%
Total Sugars 10.3g	
<b>Protein</b> 14.7g	
Vitamin D 0mcg	0%
Calcium 92mg	7%
Iron 5mg	30%
Potassium 1012mg	22%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Heat a large pot over medium-high heat. Add the onion and cook until softened, about 5 minutes. Add the garlic and ginger and cook for another minute. Mix in the cumin, coriander, and paprika. Cook for another 30 seconds. Add the lemon, tomatoes, cherry tomatoes, lentils, and beans. Mix to combine. Add the vegetable stock. Bring the soup to a boil and then reduce the heat to simmer. Simmer uncovered for 30 minutes until the soup thickens and the ingredients are cooked through.

Add the kale and simmer for another 5-7 minutes.

Serve warm.

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### **Falafel (4 Servings)**

- 1 cup Dried Garbanzo Beans
- 1 cup Flat Parsley Leaves
- 1 cup Cilantro Leaves
- 6 Green Onions, sliced
- 2 Garlic Cloves, minced
- 1 teaspoon Cumin, ground
- 1/2 teaspoon Coriander, ground



Place garbanzo beans in a clean container. Soak overnight in a quart of water.

Preheat oven too 375° F. Place a baking sheet in the over to preheat as well.

Drain, rinse, and dry the garbanzo beans. Add to the bowl of a food processor fitted with the 'S' blade. Add the remaining ingredients. Pulse until the garbanzo beans are finely minced, stopping to scrape down the sides as needed. The mixture should resemble coarse sand. Do not process until smooth. Transfer to a bowl, cover, and let rest in the refrigerator for at least 15 minutes.

When ready to cook, remove the falafel mix from the refrigerator. Scoop about 2 tablespoons of mix into your hands and shape into a thick disk. Transfer to a clean plate and finish forming the rest of the falafels. Remove the baking sheet from the over. Spray with a non-stick coating. Quickly transfer the falafel patties to the tray. Return to the oven and bake for 30 minutes until brown, turning over the patties halfway through baking.

Serve warm.

Nutrition Facts	
Servings: 4	
Amount per serving	
<b>Calories</b>	<b>199</b>
	% Daily Value*
<b>Total Fat</b> 3.2g	4%
Saturated Fat 0.3g	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 27mg	1%
<b>Total Carbohydrate</b> 33.9g	12%
Dietary Fiber 10g	36%
Total Sugars 6.2g	
<b>Protein</b> 10.8g	
Vitamin D 0mcg	0%
Calcium 99mg	8%
Iron 5mg	27%
Potassium 618mg	13%

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