EXCLUSIVE FREE MINI-COOKBOOK • 100% HALAL

FOODJOT DIGITAL SPECIAL

5 Quick Halal Soups for Busy Nights

Fast, Flavorful Mediterranean & Moroccan Comfort Bowls (30-40 Mins)
Zero-Stress Dinners with Whole-Food Ingredients



5 KITCHEN-TESTED RECIPES • 100% HALAL • INSTANT DOWNLOAD

Recipe #01 — Authentic Moroccan Harira (Traditional Lentil, Chickpea & Tomato Soup)

Category: Traditional Moroccan • Prep: 20 mins • Cook: 45 mins • Servings: 6 • 100% Halal



INGREDIENTS

- 250 g lamb, cubed (or beef if preferred)
- 1 cup canned chickpeas, drained
- 1/2 cup green lentils, soaked
- 1 onion, grated
- 2 ripe tomatoes, peeled and blended
- 2 tbsp tomato paste
- 1 bunch celery (with leaves), finely chopped
- 1 bunch parsley, chopped
- 1 bunch coriander, chopped
- 1/2 tsp turmeric
- 1 tsp cinnamon

INSTRUCTIONS

1. Sauté the Base: Heat olive oil in a soup pot. Sauté the grated onion, then add the lamb cubes. Brown for about 5-6 minutes.

2. Add Flavor: Stir in blended tomatoes, tomato paste, chopped celery, parsley, coriander, turmeric, cinnamon, pepper, and salt. Cook together for 10 minutes to develop flavor.

3. Add Legumes: Add soaked lentils and drained chickpeas. Pour in the water or broth. Bring to a boil, then lower heat and simmer for 45-60 minutes.

4. Thicken the Soup: Slowly stir in the flour-water mixture to avoid clumps. Let simmer another 10-15 minutes until it thickens.

5. Serve Hot: Serve your harira hot with lemon wedges, dates, and Moroccan bread.

Chef Tip & Halal Guarantee: *100% Halal: Lamb shank, chickpeas, brown lentils, crushed tomatoes, ginger, turmeric, fresh coriander, parsley & celery.*

Recipe #02 — Garlic Yogurt Chicken Soup (Yayla Çorbası Style)

Category: Turkish Mediterranean • Prep: 15 mins • Cook: 30 mins • Servings: 4 • 100% Halal



INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 10 to 12 cloves garlic, peeled and sliced thin
- 1 medium yellow onion, finely chopped
- 2 boneless, skinless chicken breasts (about 1.5 lbs)
- 6 cups low-sodium chicken broth
- 1/2 cup long-grain white rice, rinsed
- 1 bay leaf
- 1 sprig fresh thyme

INSTRUCTIONS

1. Warm the olive oil in a heavy pot or Dutch oven over medium-low heat. Add the sliced garlic and chopped onion with a small pinch of salt. Cook slowly for 6 to 8 minutes, stirring often, until the garlic turns translucent and just begins to take on pale golden edges.

2. Add the whole chicken breasts to the pot, then pour in the chicken broth. Tuck in the bay leaf and thyme sprig, and bring everything to a gentle simmer. Keep the heat moderate so the broth stays clear.

3. Cover partially and let the soup simmer for 20 to 25 minutes, until the chicken is cooked through and registers 165°F internally. Stir in the rinsed rice during the last 12 minutes of cooking.

4. Transfer the cooked chicken breasts to a cutting board and let them rest. Once cool enough to handle, shred them into bite-sized strands with two forks. Return the shredded chicken to the pot and discard the bay leaf and thyme sprig.

5. In a medium bowl, whisk together the yogurt, egg yolk, flour, and cold water until completely smooth with no lumps.

6. Ladle about a cup of hot broth into the yogurt mixture one spoonful at a time, whisking constantly, until warm. Slowly pour the tempered yogurt back into the pot, stirring gently. Keep the soup below a simmer so the liaison does not separate.

7. Stir in the crushed dried mint, white pepper, and fresh lemon juice. Taste and adjust the salt. Ladle into deep bowls, top generously with chopped dill and parsley, and serve with lemon wedges.

Chef Tip & Halal Guarantee: *100% Halal: Halal chicken breast, strained Greek yogurt, garlic, mint-infused warm butter & rice broth.*

Recipe #03 — Moroccan Kefta Meatball Soup in Spiced Broth

Category: Moroccan One-Pot • Prep: 15 mins • Cook: 35 mins • Servings: 4 • 100% Halal



INGREDIENTS

- 1 lb ground beef or lamb
- 1/4 cup breadcrumbs
- 1 large egg, lightly beaten
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp paprika
- 1/4 tsp cayenne pepper (optional, for heat)
- Salt and freshly ground black pepper to taste

INSTRUCTIONS

1. In a large bowl, combine the ground meat, breadcrumbs, egg, minced garlic, cumin, coriander, paprika, cayenne pepper (if using), salt, and pepper. Mix gently until just combined, being careful not to overmix. Form the mixture into small, bite-sized meatballs, about 1-inch in diameter. You should get approximately 20-24 meatballs. For easy and efficient prep, a good chef's knife and a sturdy cutting board are essential.

2. Heat the olive oil in a large Dutch oven or heavy-bottomed pot over medium-high heat. Add the meatballs in batches and brown them on all sides. They don't need to be cooked through, just nicely seared. Remove the browned meatballs from the pot and set aside.

3. In the same pot, add the chopped onion and cook until softened, about 5-7 minutes. Add the minced garlic and grated ginger, cooking for another minute until fragrant. The aroma will fill your kitchen! Having a well-organized spice rack can make this step even quicker.

4. Stir in the crushed tomatoes, chicken or vegetable broth, rinsed chickpeas, turmeric, cinnamon, and red pepper flakes (if using). Bring the soup to a simmer, scraping up any browned bits from the bottom of the pot. This adds incredible depth of flavor.

5. Carefully return the browned meatballs to the simmering soup. Reduce the heat to medium-low, cover, and let it simmer for 15-20 minutes, or until the meatballs are cooked through and the flavors have melded. You can check the internal temperature of the meatballs with a meat thermometer to ensure they are fully cooked. Garnish generously with fresh cilantro and mint, and serve hot with a squeeze of fresh lemon juice. For a delightful pairing, consider serving alongside some Moroccan Couscous or a slice of crusty bread. You might also enjoy another comforting dish like this Hearty Lentil Soup.

Chef Tip & Halal Guarantee: *100% Halal: Lean ground halal beef meatballs, cumin, paprika, chickpeas & rich tomato broth.*

Recipe #04 — Hearty Golden Mediterranean Lentil Soup with Cumin & Lemon

Category: Mediterranean Plant-Based • Prep: 10 mins • Cook: 30 mins • Servings: 4 • 100% Halal



INGREDIENTS

- 1 cup green or brown lentils - Rinse and check for debris.
- 2 tbsp olive oil - Adds flavor and helps sauté the aromatics.
- 1 medium onion - Finely chopped for a perfect flavor base.
- 2 carrots - Peeled and diced.
- 2 celery stalks - Chopped for that extra crunch.
- 3 cloves garlic - Minced for that aromatic zing.
- 1 tsp smoked paprika - Adds depth and a subtle smoky flavor.
- 1 tsp ground cumin - Enhances the earthy flavor of lentils.
- 1 tsp dried thyme or oregano - Adds a herby, warm taste.
- 1 can (14 oz) diced tomatoes - Boosts flavor and gives the soup its delicious base.
- 4 cups vegetable broth - For a rich and hearty flavor.

INSTRUCTIONS

1. Sauté the Aromatics: Heat olive oil in a large soup pot over medium heat. Add onions, carrots, and celery, cooking until softened (about 5 minutes). Stir in garlic, smoked paprika, and cumin; sauté for 1 minute until fragrant.

2. Add the Base Ingredients: Stir in the lentils, canned tomatoes, and vegetable broth. Bring to a boil.

3. Simmer: Lower heat to medium-low, cover, and simmer for 25-30 minutes or until lentils are tender. Stir occasionally to prevent sticking.

4. Add Spinach (Optional): If using, stir in spinach during the last 5 minutes of cooking.

5. Season and Serve: Taste and adjust seasoning with salt and pepper. Serve hot with a wedge of crusty bread or over rice.

Chef Tip & Halal Guarantee: *100% Halal & Vegan: Red & yellow lentils, carrots, cumin, garlic, olive oil and freshly squeezed lemon.*

Recipe #05 — 30-Minute Ground Beef Tagine with Peas & Potatoes

Category: Weeknight Quick Stew • Prep: 10 mins • Cook: 30 mins • Servings: 4 • 100% Halal



INGREDIENTS

- 1 tablespoon olive oil
- 1.5 lbs lean ground beef
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 (14.5 ounce) can crushed tomatoes
- 1 (15 ounce) can chickpeas, rinsed and drained
- 1 cup beef broth or water
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh parsley
- 2 teaspoons ground cumin

INSTRUCTIONS

1. Heat the olive oil in a large tagine pot or a Dutch oven over medium-high heat. Add the ground beef and cook, breaking it up with a spoon, until it's browned and no pink remains. Drain any excess fat. Transfer the browned beef to a separate plate and set aside.

2. Reduce the heat to medium. Add the chopped onion and bell pepper to the same pot. Sauté for 5-7 minutes until softened. Add the minced garlic, cumin, paprika, turmeric, ginger, and cayenne pepper (if using). Cook for another 1-2 minutes, stirring constantly, until fragrant.

3. Return the browned ground beef to the pot. Stir in the crushed tomatoes, rinsed chickpeas, and beef broth or water. Bring the mixture to a gentle simmer. Season with salt and pepper to taste. Cover the tagine (or Dutch oven) and reduce the heat to low. Let it simmer for at least 30 minutes, or up to an hour, allowing the flavors to meld beautifully.

4. Stir in the fresh cilantro and parsley during the last 5 minutes of cooking. Taste and adjust seasonings if necessary. Serve hot directly from the tagine, garnished with extra fresh cilantro, lemon wedges, and toasted almonds if desired.

Chef Tip & Halal Guarantee: *100% Halal: Ground halal beef, sweet green peas, cubed potatoes, fresh cilantro & ras el hanout.*

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