

Freekeh Soup



Soup comes first when one thinks about eating to warm up during winter! Freekeh soup in particular is great for those cold winter days. It's hearty, soothing, warming, filling, delicious, and super healthy! It can be served as a main course or a delight, vegetarian and non-vegetarian. You will love this flavourful recipe!

Ingredients:

½ kg (1 lb) of lamb meat (cut into medium pieces)

5 tsp [Canaan olive oil](#)

1 pack (250g) [Canaan Freekeh](#)

1 table spoon of Salt

1 tea spoon of black pepper

Preparation:

- Heat olive oil in stew pot, toss lamb pieces over medium heat for about 5 minutes.
- Add 6 cups of water, Freekeh pack, salt and pepper and to bring to boil. Once it boils turn heat to low and cover to cook on low heat for 45 Minutes. Then serve.

For vegetarian Freekeh soup, just skip the meat.

"Sahha ow Afyeh": Bon Appetit!