

# Shorba Adas

Type: Soup      Serves: 3

Time to Prepare: 40 minutes

## *Ingredients*

¼ onion, diced  
1 tsp. olive oil for sautéing the onion  
1/3 cup carrot, sliced  
1/3 cup potato, small cubes  
¼ cup lentils  
¼ cup orzo pasta  
1 tbsp. berbere  
1 tsp. fenugreek seeds  
1 tsp. freshly ground ginger  
1 tsp. salt  
2 ½ cups of vegetable broth  
3 tbsp. of tomato paste  
1 tsp. of olive oil

## *Instructions*

**Slice the onion.**

**Cut** the carrot in half and then in quarters.

**Cut** the quarters into 2" slices.

**Cube** the potato into ½" cubes.

**Sauté** the onion on a medium high heat until it turns brown.

**Add** in the carrots and sauté them for about 3 minutes.

**Reduce** the heat to medium.

**Add** in the potato and sauté it for about five minutes.

**Add** in the vegetable broth and heat it until it is warm.

**Stir** in the tomato paste and spices.

**Add** in the berbere and ginger.

**Bring** the soup to a simmer.

**Add** in the lentils and orzo pasta.

**Cover** the pot.

**Reduce** the heat to medium-low.

**Cook** for 20 minutes.

**Remove** from the heat.

**Stir** in the olive oil and salt.

## Kitchen Equipment

Cutting Board  
Knife  
Medium-sized Pot  
Wooden Spoon  
Grater for the Ginger  
Measuring Cup  
Measuring Spoon

## Presentation



A good shorba has a nice, dark, red color to it so it should be contrasted with something light like a yellow or white bowl. You can also garnish it with a few cut basil leaves for some extra color.

## Time Management

Shorba is a soup that is a bit labor intensive as you have to add ingredients to it several times, so it's not a soup you can start and then walk away from to do another recipe. However, since soups are almost always better if they sit, do this early in the day or at the beginning of your cooking session. That way, the flavors have more of a chance to mingle. When you're done with it, just let it sit on the stove on low to keep it warm or put it in the refrigerator and reheat it if you make it much earlier than you intend on serving it.

## Complimentary Food and Drinks

I like to have this with Yekemen Shai, an Ethiopian tea spiced with cloves and cinnamon. It also goes very well with smooth, sweet drinks.

## Where to Shop

The spices are commonly found at Middle Eastern, Indian, and African markets and many of them can be found at the local supermarket. The vegetables can be found at a local supermarket and lentils can commonly be found at the above mentioned ethnic stores, some supermarkets, and most organically oriented and/or health food stores.

## How It Works

The onions caramelize, helping create a dark, sweet flavor for the soup. The carrots add their own sweetness to it and the potatoes give it some extra heartiness. The orzo gives the soup a nice, contrasting texture while the lentils add a protein heartiness, as opposed to the carbohydrate bulk of the potatoes. Adding in the potatoes before the orzo and lentils ensures that the potatoes are soft enough when the other two ingredients are done. Adding in some salt and olive oil at the end adds fresh flavor that would otherwise be destroyed when cooking.

## Chef's Notes

This is one of my favorite African soups. It has a nice, deep base with the tomato broth, which is really where the flavor lies. That means it's more important to get the soup base right than the other ingredients.

## Nutritional Facts (individual servings are in parentheses)

Calories 625 (208)

Calories from Fat 72 (24)

Fat 8g (2.6g)

Total Carbohydrates 116g (39g)

Dietary Fiber 29g (9.6g)  
Sugars 12g (4g)  
Protein 22g (7.3g)  
Salt 3448mg (1150mg)

Vitamin A 188% (63%)  
Vitamin B6 16% (5%)  
Vitamin C 56% (19%)  
Calcium 6% (2%)  
Iron 62% (21%)  
Potassium 35% (12%)  
Thiamin 26% (9%)  
Riboflavin 20% (7%)  
Niacin 30% (10%)  
Folate 59% (20%)  
Phosphorous 44% (15%)  
Zinc 18% (6%)  
Magnesium 37% (12%)  
Copper 53% (18%)

### Interesting Facts

Shorbas can be found all over the Middle East and Africa.  
Potatoes, sweet potatoes, and yams are used extensively in African cuisine.  
Many traditional shorbas are vegan.