



Makes 1½ cups
Preparation Time: 15 minutes
Cook Time: 5 minutes

INGREDIENTS:

½ cup jarred roasted red bell pepper

2 tablespoons tomato paste

2 tablespoons finely chopped fresh mint or 1 tablespoon dried mint, crushed

2 tablespoons Hungarian or smoked paprika

9 cloves garlic, minced

1 teaspoon apple cider vinegar

1 teaspoon ground caraway

½ teaspoon ground coriander

½ teaspoon ground cumin

¼ teaspoon Aleppo pepper or cayenne pepper, plus more to taste

1 tablespoon lemon juice

½ teaspoon sea salt

Homemade Harissa

Harissa is a Tunisian red chile sauce made with red peppers, dried chiles, fragrant spices, and a squeeze of zesty lemon juice. Its bold flavor is perfect for punching up bland recipes and the heat level can be adjusted to meet your personal preferences. Infinitely tastier than what you'd buy at the store, our homemade version is also oil-free so you get all the flavor without any of the unhealthy ingredients. Need some ideas on how to use it? Blend a scoop with some [tahini](#) and lemon juice to create a delightfully creamy dressing that will jazz up even the most boring green salad. Or mix a spoonful into pre-bought hummus for a delicious veggie dip. Once you start experimenting with this tasty harissa recipe you'll discover just how versatile it can be!

For more homemade sauces, check out these tasty ideas:

- [Vegan Potato “Cheese” Sauce](#)
- [Carrot Top Pesto](#)
- [Fresh Tomato Ketchup](#)
- [Myrna's Marinara Sauce](#)

By Darshana Thacker Wendel

- 1 In a blender combine the first 10 ingredients (through Aleppo pepper) and ½ cup water. Cover and blend until uniform.
- 2 Transfer mixture to a small saucepan. Cook over medium 5 minutes or until sauce thickens, stirring occasionally. Stir in lemon juice and salt. Let cool to room temperature. To Store: Refrigerate in a glass jar up to 1 week. Or freeze in a freezer-safe container up to 2 months.