

# How To Make Harissa Paste

Hands-on 20 minutes Overall 1 hour

**Nutritional values (per serving/ 1 tbsp/ 15 g/ 0.5 oz):** Total carbs: 2.9 g, Fiber: 1.1 g,

**Net carbs: 1.8 g,** Protein: 0.6 g, Fat: 2 g, Calories: 29 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 2 medium jars/ ~ 2 1/2 cups)

140 g dried chilies of choice (5 oz) - *any combination of [Guajillo](#), [New Mexico](#), [Ancho](#), [Chipotle](#), [Arbol](#)*

2 medium red bell peppers (240 g/ 8.4 oz)

4-6 pieces sun-dried tomatoes, drained (28 g/ 1 oz)

6 cloves garlic, peeled

1 tsp [ground turmeric](#)

2 tsp salt (I like [pink Himalayan](#))

1/4 cup [extra virgin olive oil](#) (60 ml/ 2 fl oz)

juice from 1 lemon

## Spices for toasting:

1 tsp whole caraway seeds

1 tsp whole coriander seeds

1 tsp whole cumin seeds

## Instructions

1. Use a combination of your favourite chilies. I used dried Guajillo, Ancho and Chipotle chilies and fresh sweet bell peppers. This combination results in moderately-mild spicy harissa. If you prefer more heat, add some Arbol chilies or skip the bell peppers.
2. Start by roasting the bell peppers in an oven preheated to 175 °C/ 350 °F. Bake for 30-40 minutes, or until the skin is charred and the peppers are soft. Remove from the oven and set aside to cool down. Put a piece of baking foil over the peppers and set aside until they are easy to handle. Then, peel the skin and remove the seeds.
3. While the peppers are baking, soften the dried chilies. Place the chilies in a pot and cover with boiling water. Place a lid on top and let them sit for 20-30 minutes.
4. Meanwhile, toast the spices. Place the coriander, cumin and caraway seeds in a hot pan and dry-roast briefly for just a minute or two. Grind the spices in a [mortar and pestle](#) or a coffee grinder.

5. Drain the chilies, remove the stems and seeds.
6. Place everything in a [food processor](#) or blender: chilies, roasted and peeled bell peppers, toasted and ground spices, sun-dried tomatoes, garlic, turmeric powder, salt, olive oil and lemon juice.
7. Process until smooth.
8. Place the paste in a jar and store in the fridge for up to a week. Place any remaining harissa paste in an ice-cube tray and freeze for up to 3 months.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)