

Mitzvah Day Soup Contest

RECIPES



Let's Cook

Chicken Soup

by Angie Berezin

Ingredients

- 1 whole chicken (cut into 8 pieces)
- 1 yellow onion (cut in half w/ peel)
- 1 head of garlic (cut in half w/ peel)
- 1 to 1-1/2 cup carrots (cut into bite size pieces)
- 2 medium sweet potatoes (cut into bite size)
- 1 chunk calabaza (cut into chunks)
- 2 TBS salt
- 2 packets Sazón Goya with Coriander & Annatto
- 2-TBS grated turmeric root
- 2 bay leaves
- 1 small head of shredded cabbage

Recipe

1. Pat chicken dry and place in a large stock pot. Put enough water in the pot to cover the chicken and vegetables listed.
2. Bring pot to a boil. Lower heat but maintain a steady low simmer.
3. Add onion, garlic, bay leaves, turmeric sazon and salt.
4. After about 20 min, add carrots and simmer for about 10 min.
5. Add the potatoes and simmer for another 10 min.
6. Add calabaza and turn heat to the lowest setting.
7. Begin to remove the skin and debone the chicken (I use two forks on a plate) then add the skinless/boneless chicken back to the pot.
8. Remove the onion, garlic, and bay leaves. Add cabbage.
9. Remove from heat and let stand at least 10 min.
10. Serve with toasted buttered challah. Enjoy!



Chicken Sausage Soup

by Adam Snitzer

Note: This soup can be served with Vegan Sausage as a delicious and hearty alternative for Vegans.

Step 1: Soaking the Beans

2 ½ cups dried cannellini beans (about 1 pound)*
2 cloves garlic
1 bay leaf

Method

**Note: Any small, white, dried beans can be substituted for cannellini beans (i.e., white kidney beans, Great Northern beans or navy beans).*

Before soaking the beans, first sort and rinse them to remove any dust or debris. Place the beans into a large bowl and cover with cold water plus at least 2 inches. Peel and smash the whole cloves of garlic and add to the bowl along with the bay leaf. Let soak for 8 hours or even overnight.

Step 2: Cooking the Beans

4 liters (or quarts) of cold water
3 bay leaves
¼ cup extra-virgin olive oil
2 tsp sea salt

Method

First drain and rinse the soaked beans. To cook the beans, place them into a large, heavy-bottomed pot and cover with the cold water. Add the bay leaves and extra-virgin olive oil and bring to a boil over high heat, stirring occasionally. Once the beans come to a boil, reduce the heat to a gentle simmer. Cover the pot with the lid slightly ajar and let cook for about an hour until the beans start to become tender.

After the first hour, add the salt and continue to simmer for another hour or so until the liquid has reduced to about 3 liters (or quarts). Stir the beans occasionally to prevent scorching on the bottom of the pot.

(continued next page)



Chicken Sausage Soup cont...

by Adam Snitzer

Step 3: Finishing the Soup

6 to 8 cloves garlic
¼ cup extra-virgin olive oil
½ tsp dried red chili flakes
sea salt, to taste
freshly ground black pepper, to taste
1 large bunch kale
4 chicken sausages (or plant-based sausages for vegans)
2 tsp grapeseed oil
extra-virgin olive oil, for finishing



Method

Once the soup has reduced to about 3 quarts and the beans are nice and tender, make the soffritto.

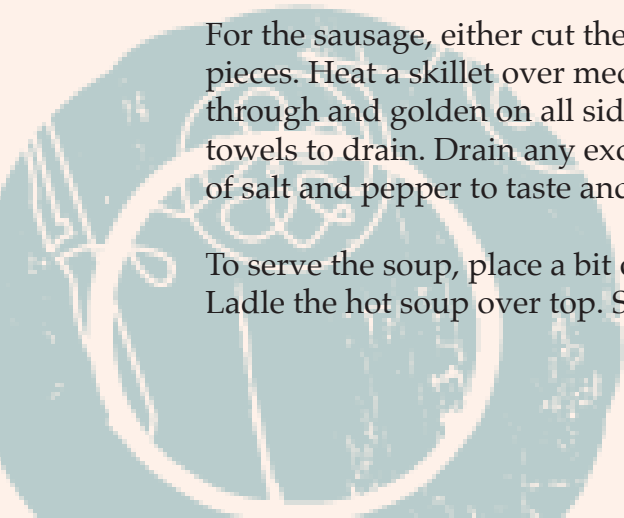
First, mince the garlic. Place a small skillet on the stove top. Add the extra-virgin olive oil, garlic and chili flakes. Slowly heat the mixture over medium-low heat. Cook just until the garlic releases its aroma and just starts to turn color. Do not let it brown or burn. Add about 1 cup of the broth to the pan and let it simmer for a couple of minutes.

Pour the soffritto into the pot and stir to combine. Simmer the soup for about 5 more minutes. Season further to taste. The soup can be served as is, or it can be finished with a variety of other ingredients, such as fresh kale and plant-based sausage.

To do this, remove the tough stems from the kale and tear or cut into 1 to 2" -inch pieces. Wash and spin dry.

For the sausage, either cut the Chicken sausages or the plant-based sausages into bite size pieces. Heat a skillet over medium-high heat and add the oil. Fry the sausage until cooked through and golden on all sides. Once done, transfer the sausage to plate lined with paper towels to drain. Drain any excess oil from the pan and add the kale. Toss, season with a pinch of salt and pepper to taste and cover for about 2 minutes until it wilts and becomes tender.

To serve the soup, place a bit of kale into a warmed bowl, followed by a few pieces of sausage. Ladle the hot soup over top. Serve with a splash of quality olive oil.



Turkey Noodle

by Glenn Dryfoos

Ingredients

Frame from large turkey or mixed turkey parts (wings, thighs, legs, necks)
3 small onions (2 sliced in half, skin on; 1 peeled and sliced into medium pieces)
5 large carrots (3 sliced in half, with greens if available; 2 cleaned and cut in small discs)
1 turnip
1 parsnip
parsley (roughly chopped)
dill
salt and pepper
2-4 oz dry white wine (optional)
1 package of egg noodles

Recipe

1. Place turkey, vegetables (except for the peeled onion and the carrot discs) and herbs into a large soup pot and cover with water (about 8 quarts).
2. Cover and cook over medium heat until boiling, then reduce and let simmer for at least 2 hours (preferably 3-4 hours).
3. After 2 hours, if soup is too watery, uncover and continue cooking; broth will deepen as water evaporates. Add salt and pepper (and optional wine) to taste.
4. Remove large pieces of turkey meat from pot and then strain soup. Return clear broth to clean soup pot. If desired, chop or shred some of the turkey meat into small pieces and add back to broth.
5. Add egg noodles to broth along with reserved onion and carrots. Heat until the noodles are cooked, and onion and carrots have softened.



Thus says the Lord: I will betroth you to Me forever. I will betroth you with righteousness, with justice, with love and with compassion. I will betroth you to Me with faithfulness, and you shall love the Lord.

-Hosea 2:21-22

Green Minestrone

by Candace Wish, Chloe Wiesenfeld & Maxwell Wiesenfeld

Ingredients

6 tablespoons olive oil, divided
1 leek, white and pale-green parts only, chopped
½ small fennel bulb, finely chopped
½ small yellow onion, finely chopped
2 celery stalks, thinly sliced
4 cups low-sodium vegetable broth
2 small carrots, peeled, thinly sliced lengthwise
1 cup fresh shelled peas or fava beans (from about 1 lb. pods) or frozen
Kosher salt and freshly ground black pepper
½ cup fregola, ditalini, or other tiny pasta
1½ cups (lightly packed) fresh flat-leaf parsley leaves
½ shallot, finely chopped
2 red pearl onions or ¼ small red onion, thinly sliced
Shaved Parmesan (for serving)



Recipe

1. Heat 2 Tbsp. oil in a large heavy pot over medium heat. Cook leek, fennel, yellow onion, and celery, stirring occasionally until softened but not taking on any color, about 5 minutes. Add broth; bring to a boil, reduce heat, and simmer until vegetables are just tender, 10–15 minutes.
2. Add carrots and peas and simmer until carrots are just tender, about 5 minutes. Season with salt and pepper.
3. Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally until al dente. Drain and add pasta to soup.
4. While pasta is cooking, process parsley and remaining 4 Tbsp. oil in a food processor to a coarse paste, transfer to a small bowl, and mix in shallot. Season pesto with salt and pepper. Serve soup topped with pesto, pearl onions, and Parmesan.

I hereby accept the obligation of fulfilling my Creator's mitzvah in the Torah: Love your neighbor as yourself.
-Morning liturgy, Birchot HaShachar

Mexican Kreplach Soup

by Howard Grodin

Ingredients

For Soup:

2 tablespoons vegetable oil
½ cup white onion finely chopped
garlic clove finely chopped
jalapeño chiles finely chopped, seeded optional, to taste
½ pound white mushrooms wiped clean with cloth, sliced
¾ teaspoon kosher or sea salt or to taste
8-10 cups homemade chicken broth

For Kreplach and Filling:

Wonton Wrappers
cups shredded rotisserie chicken
⅓ cup homemade caramelized onions (using Schmaltz)
1 tablespoon extra-virgin olive oil
Salsa Verde

Recipe

Soup Preparation:

1. Heat a couple of tablespoons of oil over medium heat in a large cooking pot. Add the onion, garlic, and chiles and sauté for 4 to 5 minutes until they have softened. Incorporate the sliced mushrooms. Sprinkle the salt, stir and cover with a lid. Steam the mushrooms for about 6 to 8 minutes.
2. Take off the lid and pour the chicken broth over the mushroom base. Once it is simmering, incorporate the already cooked Kreplach and serve.

Kreplach Preparation:

1. In a food processor combine chicken, onions, and olive oil.
2. Pulse a few times until desired consistency is reached. You can make it smooth and creamy.
3. Use as filling for kreplach (spoon 1 Teaspoon of Filling and a ½ teaspoon of Salsa Verde into each Kreplach), using prepared Wonton wrappers.
4. Steam Kreplach.



Greek Red Lentil Soup (Vegan)

by Nadya Bair

"This recipe is adapted from a restaurant called Rebar on Victoria Island off the coast of Vancouver, where Ethan and I first tasted it circa 2008."

Ingredients

2 cups red lentils
2 tbsp olive oil
1 large yellow onion minced
2 tsp salt
8 garlic cloves, minced
2 carrots, diced
1 tsp cracked pepper
¼ tsp red chile pepper flakes
1 tbsp minced rosemary
1 tbsp minced oregano
2 bay leaves
8 cups veggie broth
Zest of ½ lemon
Juice of 2 lemons



Recipe

1. Rinse lentils and set aside to drain.
2. Heat oil, sauté onion until translucent. Add garlic, carrot, pepper, chiles, herbs, bay leaves, and salt. Stir well and sauté until carrots are just tender.
3. Add lentils and stock, bring to a boil. Reduce heat to a simmer and cook, partially covered, until the lentils are soft and falling apart.
4. Season the soup with lemon zest, lemon juice, and more salt and pepper to taste.

A visitor relieves a sick person of one sixtieth of their suffering.
-Leviticus Rabbah 34



Gormeh Sabzi Persian Herb Stew

by Liza Samuel

"Ghormeh sabzi is a quintessential Persian recipe. It is a stew prepared with fresh herbs that some consider the national dish of Iran. While every family has its own recipe (some people add cilantro, chives, scallions, and /or fenugreek to their herb mixture; others substitute lamb or chicken for filet minion) this one is passed down to me from my Ameh Poury (Aunt Poury; specifically father's sister.) She is the matriarch of our family and one heck of a great cook! I hope you enjoy it."

Ingredients

4 to 5 bunches of Parsley
2 Leeks
1 small bag of spinach
2 onions chopped
2 lbs of filet minion tips cubed
Water
1 cup Dried Kidney Beans (or canned is fine)
4 dried Persian limes "Limoo Amani" (or some fresh squeezed lemon juice)
Salt
Pepper
Turmeric
Oil



Recipe

1. Heat 2 tablespoons oil in a large pot over medium-high heat. Add onion; cook and stir until translucent; 7 minutes. Add chopped leeks; 2 minutes.
2. Add filet cubes and generously shake turmeric on top; cook until coated in turmeric and browned on all sides; 8 minutes.
3. Add spinach and parsley cook and stir until deep dark green in color; 5 minutes.
4. Pour in enough water to create cover and two more inches. Stew should be thick in consistency. Season with salt and pepper. Pierce dried limes with a fork and add to the stew.
5. Add red kidney beans. Reduce heat, cover, and simmer stew until beans soften and meat starts to fall apart. The longer the better. Possibly 2 hours. Discard dried limes before serving. Add lemon juice if you like it sourer. Usually served over rice. Noosheh-joon! (literally: may it nourish your soul; figuratively: bon appétit.)

Rabbi Elazar said: Whoever does deeds of righteous giving and justice is considered as having filled the world with lovingkindness, as it is written: "[God] loves tzedakah u'mishpat [righteous giving and justice]; the earth is filled with the lovingkindness of the Lord." (Ps. 33:5)

-Babylonian Talmud, Sukkot 49b

Gazpacho

by John Elizabeth Aleman

"This is my husband's favorite soup!"

Ingredients

Soup:

tomato
English cucumber
red pepper
celery
flat leaf parsley
cilantro
tomato juice and paste
olive oil
kosher salt
pepper
sherry wine vinegar
sugar
paprika
cayenne pepper

Optional topping:

red pepper
yellow pepper
red onion
yellow tomato
avocado
cilantro
lime



Recipe

Soup:

1. Core and chop: 10 Roma tomatoes, $\frac{1}{2}$ red pepper, 1 English cucumber, 2 celery stalks. Combine with: $\frac{1}{2}$ cup parsley, 1 Tb tomato paste, 2 cups tomato juice, $\frac{1}{2}$ cup water, $\frac{1}{4}$ cup sherry wine vinegar, 1 cup olive oil, 3 tablespoons sugar, 2 teaspoons kosher salt, $\frac{1}{2}$ teaspoon ground black pepper, 1 teaspoon paprika and $\frac{1}{4}$ teaspoon cayenne.
2. Refrigerate one hour then process in food processor until nearly puréed. Season with additional salt and pepper if desired. Refrigerate one hour.

Topping:

1. Combine: $\frac{1}{4}$ cup diced red pepper, $\frac{1}{4}$ cup diced yellow pepper, $\frac{1}{4}$ cup diced red onion, $\frac{1}{2}$ cup chopped yellow tomato, one diced avocado, $\frac{1}{2}$ cup cilantro and $\frac{1}{4}$ cup fresh lime juice.

Ragout D'ail Provençal

by Jonathan Sepsenwol

"A few years back I had to make dinner for the kids and was in a time crunch. I poked around to see what we had on hand in our kitchen, and at first found three heads of garlic and broccoli. I remembered a French garlic soup my Dad used to make during the winter - "a classic from Provence" he would say, "little more than good stock, garlic, and whatever else is around...". So, I found some chicken stock we also had on hand and cranked it out, serving it in bowls over some crusty bread. It was a hit, but a little light, so the next time around I added the chicken thighs and voila!"

Ingredients

2 tablespoons Olive oil
2 lb bone-in kosher chicken thighs
7 cups chicken stock
10 cloves of garlic, crushed or minced
Bay / parsley / thyme bouquet garni
¾ lb diced Yukon Gold potatoes
½ lb broccoli florets
2 eggs well-beaten
salt / pepper
2 tablespoons chopped fresh Italian parsley



Recipe

1. In a large saucepan or soup pot, heat 2 tablespoons of olive oil until shimmering. Add the chicken thighs, skin side down and cook, turning once, until nicely golden. Pull thighs from pot/pan, allow to cool, then remove skin, and remove meat from bone, set aside.
2. Bring stock to a simmer in the pot/pan, scraping up the browned bits as the stock heats. Add minced garlic, the bouquet garni, salt and pepper, and the potatoes. Cover and simmer for 15 minutes, until the potatoes are tender and the broth fragrant.
3. Add the broccoli and simmer uncovered for another 5 to 8 minutes, until the broccoli is tender. Add chicken thigh pieces.
4. Taste the soup and adjust seasonings, making sure that you have added enough salt (the flavors should be vivid). Beat the eggs in a bowl. Remove a ladleful of the soup and whisk it into the eggs to temper them. Turn the heat off under the soup and stir in the egg mixture. The eggs should cloud the soup, but they shouldn't scramble. Stir in the parsley and serve.



Auntie Cando's Hearty Green Soup

by Candance Wish

Ingredients

Leeks
Fennel
yellow onion
celery
vegetable broth
carrots
Shelled peas
Ditalini pasta
Parsley
Shallot
red onion
Parmesan cheese



Recipe

1. Cook leek, fennel, onion, celery
2. Add broth simmer
3. Add carrots and peas
4. Add pasta
5. Process parsley and shallots to paste
6. Serve soup topped with "pesto" red onion & parmesan

"She opens her mouth with wisdom, and the Torah of lovingkindness is on her tongue."

-Prov. 31:26



Hot and Sour Soup

by Andrea Wagner

Ingredients

¼ dried cloud ears
8 fresh shiitake mushrooms
drained canned bamboo shoots (as many as you want to put in but at least ½ cup)
3 ounces of tofu (can also use chicken or pork)
4 cups of vegetable or chicken stock
1 tablespoon sugar
3 tablespoons rice wine vinegar (Can add more to tang it up more)
1 tablespoon light soy sauce
¼ teaspoon chili oil (more for more spice)
½ teaspoon sea salt
pinch of pepper
1 tablespoon corn starch (add to thicken)
1 tablespoon cold water
1 - 2 egg whites
a teaspoon sesame oil
scallions - finely cut rings to garnish



Recipe

1. Soak the clouds in hot water for about 30 minutes or until soft. Drain, trim them, and cut off the hard base and chop up.
2. Remove stems from the shiitake mushrooms. Cut the caps into strips.
3. Cut tofu into small cubes.
4. Cut bamboo shoots into strips (as thin as you want).
5. Place all the above in a large saucepan with the stock. Bring to a boil, then lower and simmer.
6. Stir in the sugar, vinegar, soy sauce, chili oil and pepper. If you like more vinegar flavor then add more slowly, as well as with the chili oil for heat
7. Mix the cornstarch with water and make a paste, add it to the soup slowly. Stir until the soup thickens. Can add more cornstarch to likening but be careful. Small amounts at a time.
8. Take egg white and slowly in a stream pour the egg white into the soup, while constantly stirring. Cook, stirring until the egg white forms.
9. Add the sesame oil right before serving. Pour into bowls and garnish with scallions. Serves four.

Chilled Spring Pea Soup

by DeeDee Berkowitz, Chloe Wiesenfeld, & Maxwell Wiesenfeld

Ingredients

Olive Oil
2 cloves of garlic
Medium chopped onion
¾ cup chopped celery
2 lb bag of frozen peas
½ cup fresh basil
3 tbsp. roughly chopped parsley
Several sprigs fresh thyme
3 cups vegetable broth
2 ½ cup canned full fat coconut milk
1 tablet crushed vitamin C tablet (keeps soup bright green color)

Recipe

1. In a medium pot soften onion, celery, and garlic in 2 tbsp. olive oil until fragrant.
2. Add about 1 cup broth, thyme, basil, and parsley.
3. Simmer for 5 minutes.
4. Add remaining broth, peas, and vitamin C.
5. Simmer for about another 5 minutes.
6. Take off heat and use an immersion blender to purée. If you do not have that, transfer to blender to blend.
7. Return to pot (if put in blender) and mix in coconut milk.
8. Heat through but do not boil.
9. Then let chill to serve.

Rabbi Simlai taught: The Torah begins with deeds of lovingkindness and ends with deeds of lovingkindness. It begins with deeds of lovingkindness, as it is written, "And the Lord God made for Adam and for his wife garments of skins and clothed them" (Gen. 3:21). It ends with deeds of lovingkindness, as it is written. "And he buried him in the valley in the land of Moab." (Deut. 34:6)

-Babylonian Talmud, Sotah 14a

Ratatouille

by Matthew Edelstein

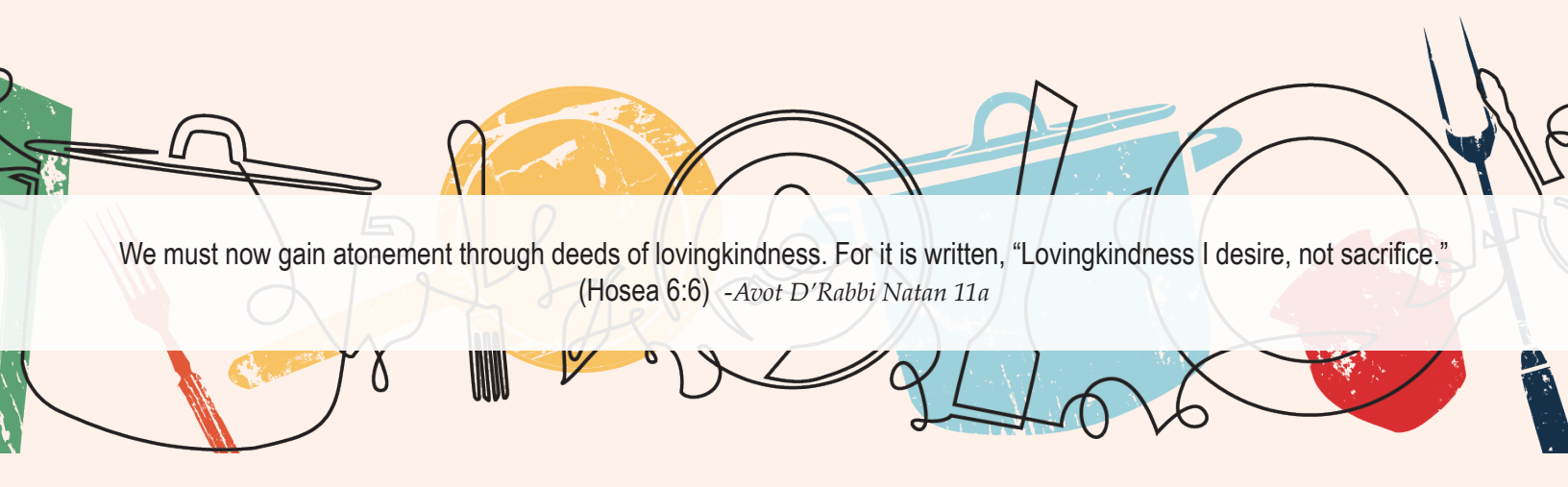
"This is the signature dish of all of our family events and has been for as long as I can remember."

Ingredients

- 1 (19.8oz) family size brownie mix
- ¼-½ cup Kahlua or coffee liquor
- 3 (3.5oz) boxes of chocolate mousse
- 8 (1.2-1.4 oz size) Heath Bars or Skor Bars (Candy)
- 1 (12oz) Container cool whip

Recipe

1. Bake brownies according to package directions. Let cool.
2. Punch holes in the brownies with a fork and pour the Kahlua over the brownies.
3. Whip the chocolate mousse according to package directions.
4. Break candy into small pieces in food processor or by tapping them with a hammer. Break up.
5. Half the brownies and place in the bottom of a glass trifle dish.
6. Cover with half of the mousse, layer half of the candy on top, then add half of the cool whip.
7. Repeat layers with remaining ingredients.



We must now gain atonement through deeds of lovingkindness. For it is written, "Lovingkindness I desire, not sacrifice."
(Hosea 6:6) -Avot D'Rabbi Natan 11a

Chianti-Onion Soup with Schmaltz Rye Croutons

by Howard Grodin

"The soup selection was inspired by a visit to the Jewish Ghetto in Rome with my wife."

Ingredients

Soup:

4 tablespoons schmaltz
5 medium red onions, thinly sliced
5 medium white onions, thinly sliced
6 cloves garlic, sliced
2 cups Chianti
1 star anise
One 3-inch cinnamon stick
7 juniper berries
3 quarts homemade chicken broth
Kosher salt
freshly ground pepper

Croutons:

3 cups stale, large-cubed Rye bread
1/3 cup schmaltz
2 cloves garlic, minced
1/8 teaspoon salt



Recipe

For the Soup:

1. In a large, heavy saucepan, melt the schmaltz over medium-high heat.
2. Add the onions and garlic and cook, adjusting the heat as needed, until caramelized, 40 to 60 minutes.
3. Add the wine and reduce to a glaze.
4. Meanwhile, fill a piece of cheesecloth with the star anise, cinnamon and juniper and tie into a bundle; add this and the chicken broth to the onions. Simmer about 20 minutes. Remove the spice bundle. Season to taste with salt and pepper and set aside.

For the Croutons:

1. Melt the schmaltz over medium heat in a cast iron skillet. When it is liquid, add the garlic and salt to the pan, and sauté for 1–2 minutes. Do not allow the garlic to brown.
2. Add the bread cubes to the pan and let them sizzle for about 5 minutes. Then, flip them over, and let them cook for an additional 5 minutes.
3. Transfer the pan to a 300 degree Fahrenheit oven and bake for 15 minutes or until the croutons are entirely dry and crispy.

Mushroom Hot and Sour Soup

by Sonya Gelb

Ingredients

- 1 tbsp. oil
- 2 lbs. Mushrooms (shiitake and wood ear) stems removed, thinly sliced
- 2 bunches of scallions thinly sliced, white and green parts separated
- 2 small shallots thinly sliced
- 4 garlic cloves, minced
- 2-inch piece of ginger, peeled and minced
- 1 ½ tbsp. Sriracha sauce
- ½ cup vinegar *
- ½ cup soy sauce **
- 12 cups vegetable broth
- 1 small can sliced bamboo shoots, drained
- 4 tbsp. cornstarch
- 2 large eggs, beaten

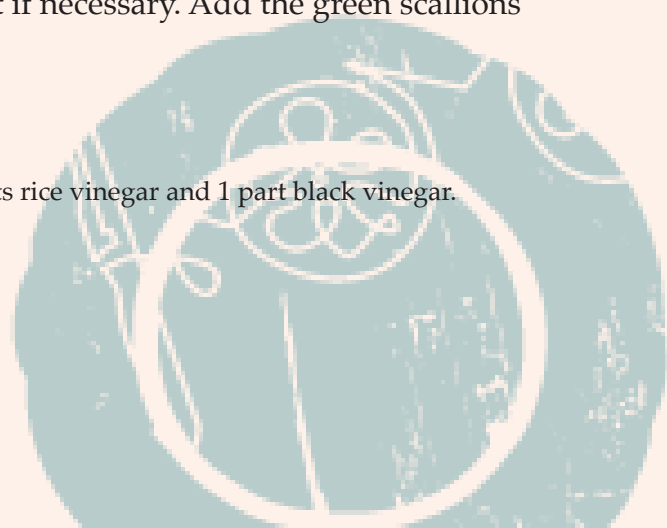
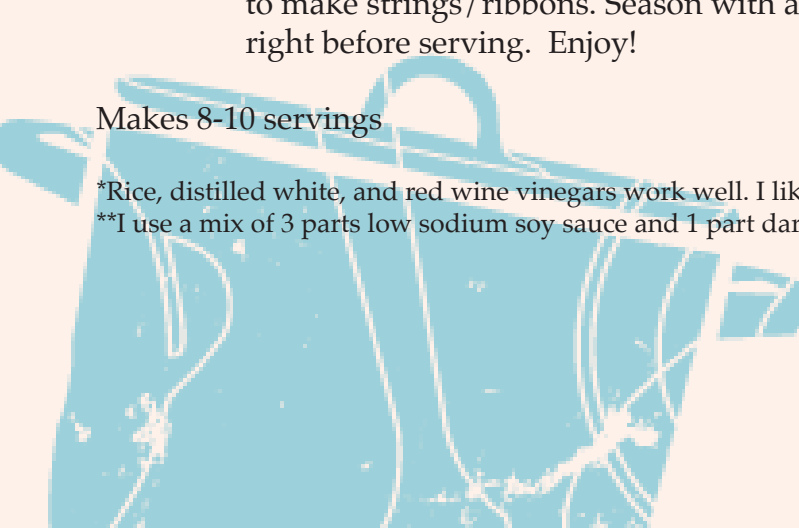
Recipe

1. Heat the oil in a large stockpot. Sauté the white scallions and shallots over medium-high heat until soft, about 5-7 minutes. Add the mushrooms and sauté until they start to release their liquid and reduce in size, about 5-7 minutes. Stir in the garlic, ginger and sriracha and cook until fragrant, 1-2 minutes.
2. Pour in the vinegar and soy sauce; scrape up any brown bits that may have formed in the pot. Add the vegetable broth and bring to a boil. Reduce the heat to medium, add the bamboo shoots and simmer for 10-12 minutes. In a small bowl, make a slurry by whisking the 4 tablespoons of cornstarch with 1/3 cup of water. Add the slurry and simmer until the soup has slightly thickened, about 10 minutes.
3. Remove the soup from the heat and slowly pour in the beaten eggs while stirring the soup to make strings/ribbons. Season with a dash of salt if necessary. Add the green scallions right before serving. Enjoy!

Makes 8-10 servings

*Rice, distilled white, and red wine vinegars work well. I like to use 3 parts rice vinegar and 1 part black vinegar.

**I use a mix of 3 parts low sodium soy sauce and 1 part dark soy sauce



Creamy Vegan Mushroom Soup

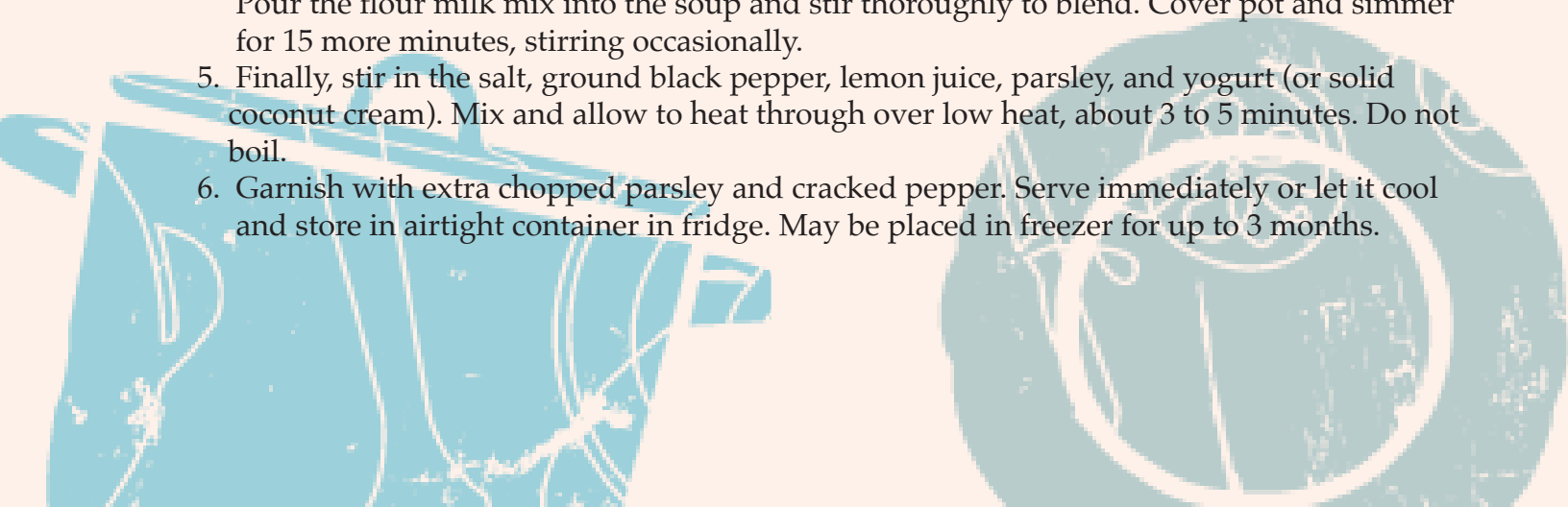
by Vanessa Ressler

Ingredients

4 tablespoons unsalted butter* (I used plant-based butter 'Mykonos'. See notes for vegan option)
1.5 cups chopped white onions
1 lb fresh mushrooms, sliced. (~3 to 4 cups sliced). Cremini or white button mushrooms.
1/3 cup dry white wine, optional
1.5 tablespoons fresh dill
1 tablespoon hot paprika and pinch of smoked paprika (smoked paprika is optional)
1 tablespoon coconut aminos
2.5 cups vegetable broth
1 cup almond milk (plain)
3 tablespoons tapioca starch
1 teaspoon kosher salt
ground black pepper to taste
2 teaspoons fresh lemon juice
1/4 cup chopped fresh parsley
1/2 cup full fat coconut milk (*canned and chilled for vegan option)

Recipe

1. Heat a large pot over medium heat. Place butter in pot and melt, coating the pan.
2. Place your onions in the pot and sauté for 5 minutes. Add the sliced mushrooms and sauté for an additional 5 minutes until mushroom are browned and coated in butter. Onions will brown as well.
3. Stir in the wine, dill, paprika, tamari sauce and broth. Reduce heat to low, cover and simmer for 15 minutes.
4. In a separate small bowl, whisk the thickening mixture; nondairy milk and arrowroot flour. Pour the flour milk mix into the soup and stir thoroughly to blend. Cover pot and simmer for 15 more minutes, stirring occasionally.
5. Finally, stir in the salt, ground black pepper, lemon juice, parsley, and yogurt (or solid coconut cream). Mix and allow to heat through over low heat, about 3 to 5 minutes. Do not boil.
6. Garnish with extra chopped parsley and cracked pepper. Serve immediately or let it cool and store in airtight container in fridge. May be placed in freezer for up to 3 months.



Golden Suns Potato Leek Soup

by TBS Innovative School Grades 2-4

Ingredients

1 large lemon
7 garlic cloves
Extra virgin olive oil
1 cup sage leaves
½ cup rosemary leaves
10 sprigs thyme
3.5 oz jar of capers
1 large bunch of parsley
2.5 lbs small or medium leeks
3 celery stalks
2 ½ tsp Morton's Kosher salt
1 ¼ lbs Yukon gold or small fingerling potatoes
1 quart vegetable stock
Salt to season

Recipe

1. Line a baking sheet with a single layer of paper towels. Finely grate zest from 1 large lemon into a medium bowl; cut lemon into wedges and set aside for serving. Finely chop 2 garlic cloves and add to bowl with lemon zest.
2. Pour extra-virgin olive oil into a small saucepan to come ½" up sides; clip a deep-fry thermometer to sides of pan. Heat oil over medium until thermometer registers 225°–250°. Working in 2 batches and returning oil to 225° between batches, fry 1 cup (loosely packed) sage leaves (make sure you're wearing an apron) until oil stops bubbling and sage is crisp but still fairly green, about 2 minutes per batch. Using a slotted spoon, transfer to prepared baking sheet. Repeat with ½ cup (loosely packed) rosemary leaves, then 10 sprigs thyme, returning oil to 225°–250° between batches and transferring to same baking sheet.
3. Next, set a fine-mesh sieve over a medium Dutch oven. Drain one 3.5-oz.-jar capers (½ cup plus 1 Tbsp. packed) and pat dry. Fry, stirring occasionally, until they burst open and are crisp and darkened to a deep green (the oil will bubble steadily at first but should be bubbling less frequently by the time capers are ready), about 5 minutes. Remove from heat and strain through prepared sieve. Let oil cool. You should have 2–3 Tbsp.; if you have more than that, pour off excess and reserve for another use (like frying toast or making a vinaigrette). Transfer capers to baking sheet with herbs.

continued next page...

Golden Suns Potato Leek Soup

by TBS Innovative School Grades 2-4

Recipe cont...

4. Pluck leaves off 1 large bunch parsley until you have 2 (loosely packed) cups; discard stems (or save for another use). Coarsely chop parsley leaves. Chop fried thyme into pieces about the same size as the parsley and add both to bowl with garlic and zest, then add sage, rosemary, and capers. Season gremolata with kosher salt and gently toss to combine.
5. Trim dark green tops off 2½ lb. small or medium leeks (6–8); discard. Slice white and pale green parts into ¼"-thick rounds and rinse in a large bowl of water, swishing around to loosen any dirt. Drain and repeat as needed. Wipe out bowl and return leeks to bowl. Slice 3 celery stalks on a slight diagonal crosswise ¼" thick, then thinly slice remaining 5 garlic cloves. Add both to bowl with leeks along with 1¼ tsp. Diamond Crystal or ¾ tsp. Morton kosher salt.
6. Heat oil in reserved Dutch oven over medium. While the oil is heating up, slice 1¼ lb. small fingerling or Yukon Gold potatoes into ¼"-thick disks. Once oil is hot, add leek mixture and stir to coat with slotted spoon; reserve bowl. Cover with a lid and cook until vegetables are tender but not mushy, about 5 minutes. Transfer vegetables back to reserved bowl.
7. Transfer potatoes to pot and add 1 quart vegetable stock and remaining 1 Tbsp. Diamond Crystal or 1¾ tsp. Morton kosher salt. Heat over medium-high until rapidly simmering but not boiling, partially cover, and cook until potatoes are tender but not falling apart, 15–20 minutes. Return leek mixture to pot and add remaining 1 quart vegetable stock and ½ cup heavy cream; cook until just starting to simmer again. Remove from heat; taste and season with more salt if needed.
8. Ladle soup into bowls; spoon a generous amount of gremolata on top and stir in. Serve with reserved lemon wedges for squeezing over.



Moroccan Harira

by Allison Greenfield

Ingredients

Extra virgin olive oil
1 large yellow onion, finely chopped
2 celery stalks, chopped
1 carrot peeled and chopped Kosher salt
4 garlic cloves minced
1 ½ teaspoons black pepper
1 ½ teaspoon turmeric
1 teaspoon cumin
½ teaspoon ground ginger
½ teaspoon ground cinnamon
½ teaspoon cayenne
2 14- ounce cans crushed tomatoes
3 tablespoons tomato paste
1 cup packed chopped fresh cilantro
1 cup green lentils, rinsed
1 cup red lentils, rinsed
1 14- ounce can chickpeas
7 cups vegetable or chicken stock, preferably low-sodium
¼ cup long grain rice, rinsed or ¼ cup broken vermicelli
Lemon wedges, for serving

Recipe

1. In a large Dutch Oven, heat 4 tablespoon extra virgin olive oil over medium heat until shimmering. Add the onions, celery, and carrots. Season with kosher salt. Cook for 5 minutes, stirring regularly until softened.
2. Add the garlic and spices and cook for a couple of 1 to 2 minutes, stirring regularly. Add the crushed tomatoes, tomato paste, cilantro, lentils (both green and red), and chickpeas. Add a dash more kosher salt and cook for 5 minutes, stirring.
3. Add the broth and raise the heat. Bring to a boil for 5 minutes, then turn the heat to low. Cover and let simmer for 45 minutes or until the legumes are fully cooked and very tender (check occasionally and plan to add more stock or water. The soup will be thick, but it should not be too thick that you cannot pour it. Make sure to adjust the salt as you add more liquid.). Stir in the rice and cook for another 15 or until the rice is fully cooked. 6. Serve with lemon wedges.

Red Soup with Brisket

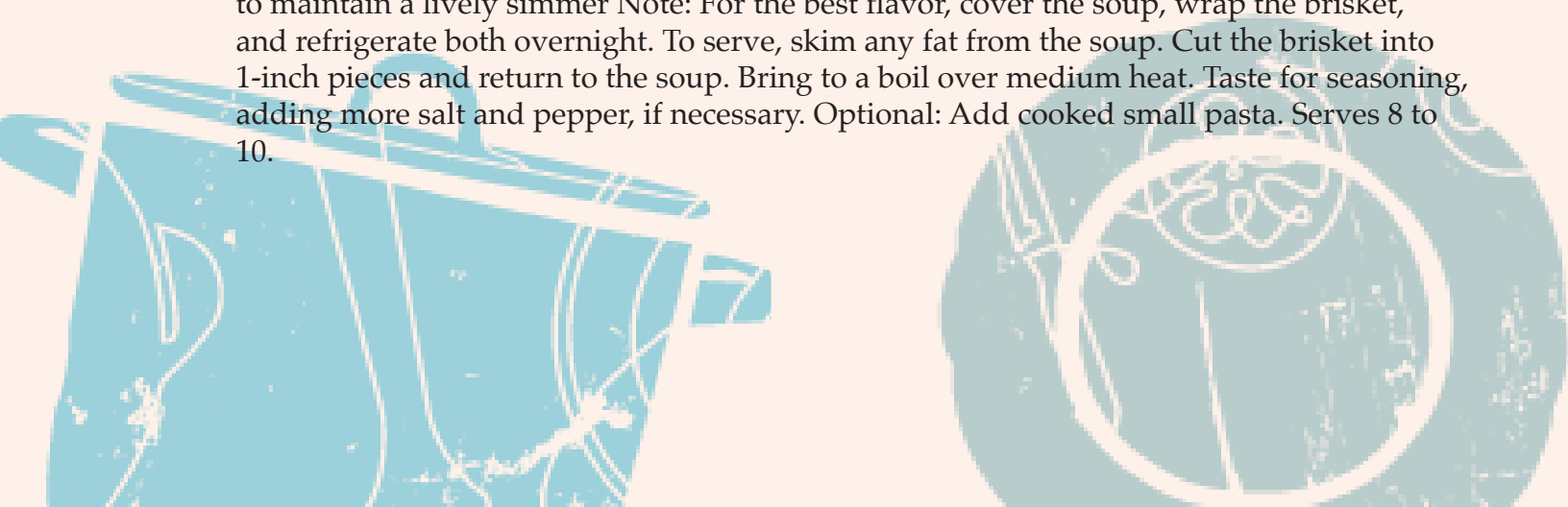
by Howard Grodin

Ingredients

2 cups coarsely chopped green cabbage
2 cups 1-inch chunks peeled Yukon gold potatoes
1½ cups coarsely chopped onions
1½ cups 1-inch chunks peeled turnip
1 cup thinly sliced leeks or coarsely chopped green onions
1½ cups ½-inch slices carrots
½ cup chopped celery
One 6-ounce can tomato paste
2 teaspoons kosher salt
½ teaspoon freshly ground pepper
2 pounds well-trimmed boneless beef brisket or chuck roast

Recipe

1. In a Dutch oven or soup pot, combine the cabbage, potatoes, onions, turnip, leeks, carrots, celery, tomato paste, salt, and pepper. Add 2 quarts water and stir to mix everything together. (There should be enough water to barely cover the vegetables. If not, add more, but do not make the soup too thin.) Add the brisket, and then bring the water to a rolling boil over high heat.
2. Adjust the heat to maintain a lively boil and cook for 10 minutes, skimming off and discarding any foam that rises to the surface. Lower the heat to maintain a very gentle simmer. Cook until the brisket is tender when pierced with a fork, 2½ to 3 hours. Remove the soup from the heat and transfer the brisket to a large platter to cool. Leave the soup covered. Meanwhile, chop the cooled brisket into 1-inch pieces and return them to the simmering soup. Stir well and keep covered.
3. To serve, bring the pot of soup to a lively boil over medium-high heat. Reduce the heat to maintain a lively simmer. Note: For the best flavor, cover the soup, wrap the brisket, and refrigerate both overnight. To serve, skim any fat from the soup. Cut the brisket into 1-inch pieces and return to the soup. Bring to a boil over medium heat. Taste for seasoning, adding more salt and pepper, if necessary. Optional: Add cooked small pasta. Serves 8 to 10.



Zucchini Pear Soup

by Jonathan and Molly Sepsenwol

Ingredients

3 tablespoons butter or extra virgin olive oil, or a combination
1 medium carrot, peeled and diced
1 medium onion, peeled and diced
1 medium potato, preferably high-starch ("russet" or "baking"), peeled and diced
½ teaspoon fresh thyme leaves, or a pinch of dried thyme
Salt and black pepper
4 medium zucchini, trimmed and diced
2 medium ripe (but still firm) pears, peeled, cored and diced
4 cups chicken or vegetable stock, or use water
Mint leaves for garnish

Recipe

1. Put butter, oil or combination in a large skillet over medium heat; when butter melts or oil is hot, cook carrot, onion, potato and thyme with a healthy sprinkling of salt and pepper. Stir occasionally, adjusting heat so vegetables do not brown.
2. When onion is softened, about 5 minutes, add zucchini and continue to cook until everything is tender, 10 to 15 minutes. Add pear and cook until it has softened, about 5 minutes more. Add liquid and bring to a boil; taste and adjust seasoning. Cool mixture, then purée. Serve cold or reheat and serve hot, garnished with mint, if desired.



Split Peas and Smoked Turkey Sausage

by Roy and Eden Benmeir

Ingredients

- 2 8-oz packs of dried split green peas
- 1 large onion
- 2 carrots
- 5 cloves of garlic
- 1 package of smoked turkey sausage
- 5-8 quarts of water - depends on the consistency of the soup you like
- 1/4 cup olive oil
- 1 tsp smoked paprika
- Salt and pepper to taste

Recipe

1. Chop the onion fine and put aside in the bowl. Peel the carrots and cut them to small squares and put aside in the bowl. Chop the garlic and put it in a bowl. Slice the turkey sausage to 1/4 inch round slices and put in the bowl. Put all the chopped veggies and turkey in the pan with 2 tablespoons of olive oil. Add salt and pepper and 1/2 teaspoon of smoked paprika. Cook till onion is golden.
2. Take off the stove and let it cool aside. Put 2 tablespoons in the pot and add the dried peas. Cook for 3-4 minutes on medium heat. Add water to the pot and cook for 30 minutes on medium heat or till peas are very soft. Add water as needed.
3. With the hand blender, blend the peas till all liquid. Add the veggies and turkey to the pot. Add 1/2 tablespoon of smoked paprika, salt and pepper as needed. Cook on medium heat for another 15 minutes. Add water as needed.



Artichoke Alchemy

by Andrea Wagner

Ingredients

1 onion
4 leeks
5 garlic bulbs
5 artichokes
1 box of vegetable stock
Italian bread (or Italian bread crumbs)
Salt and pepper
Optional toppings – Parmesan cheese, croutons, or chili oil

Recipe

1. Pour around two tablespoons of olive oil in pan. Chop onions, leeks, garlic and add to the pot until they are sweating about 15 minutes. While those are sweating out, take outer leaves of artichoke off, slice artichoke in half and remove the fur to get to the heart cut in half and add to the pot. Add vegetable stock (usually one box, or homemade and this can also be done with chicken stock as well) bring to a boil then cool.
2. Salt and pepper to taste. Transfer soup to a blender. Decrust Italian bread and add bread to blend to your liking of consistency. You can always add more stock/ water to thin out soup. serve warm. Toppers optional, croutons, parmesan cheese, chili oil.
3. Serve warm. Toppers optional - croutons, parmesan cheese, chili oil.



Creamy Vegan Tomato Soup

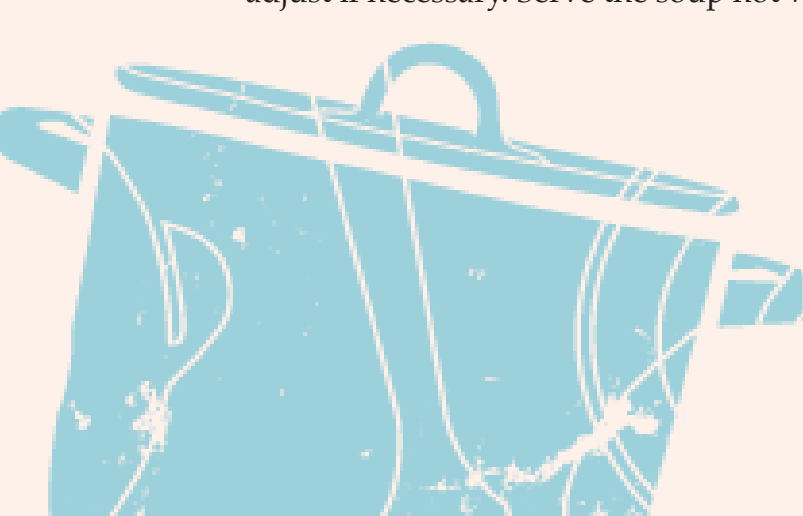
by Rachel Unger

Ingredients

- 4 lbs tomatoes
- 3 shallots, peeled
- 4-5 cloves of garlic, peeled
- 2 teaspoons fresh thyme leaves
- 1-2 tablespoons olive oil sea salt and ground black pepper, to taste
- ½ cup raw cashews, soaked for at least 2 hours and drained
- 1 tablespoon tomato paste ½ cup basil leaves, packed
- 2-3 cups vegetable stock
- 1 tablespoon balsamic vinegar

Recipe

1. Preheat the oven to 350°F. Line a large baking sheet with parchment paper. Cut any large tomatoes into quarters. Cut medium tomatoes into halves and leave any cherry or grape tomatoes whole. Spread them out in a single layer on the baking sheet with any cut sides facing up. Cut peeled shallots into quarters and nestle amongst tomatoes.
2. Stick garlic cloves into juicy spots of tomatoes or nestle them between cut tomatoes like the shallots (just to avoid burnt and bitter garlic). Scatter thyme leaves on top of tomatoes. Drizzle the olive oil over the tomatoes, shallots and garlic. Season everything with salt and pepper and slide the tray into the oven. Roast for about an hour, or until the tomatoes have shrivelled up a bit and the shallots are soft. Let cool slightly.
3. In batches, blend the roasted tomatoes with the soaked and drained cashews, tomato paste, basil, and vegetable stock until you have a smooth purée. Pour blended soup into a large pot. Once you've blended everything, including the accumulated juices in the baking sheet, add the balsamic vinegar to the pot. Bring the soup to a boil, check it for seasoning and adjust if necessary. Serve the soup hot with extra basil and olive oil drizzles.



A Cold Winter's Day - White Bean Lemon Pesto Soup (Vegetarian)

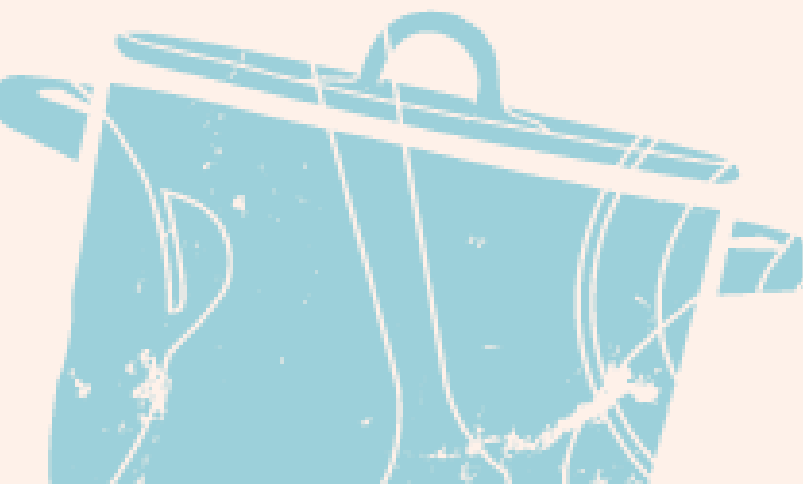
by Rachel Unger

Ingredients

1 tablespoon extra-virgin olive oil
1 shallot, chopped
4-6 cloves garlic, smashed
red pepper flakes (optional)
2 tablespoons salted butter
2 cups dry orzo pasta
6 cups low sodium chicken or vegetable broth
1 can white beans
kosher salt and black pepper
1/2 bunch kale, finely shredded
1/2 cup basil pesto
1/2 cup whole milk or canned full fat coconut milk
1 cup grated parmesan cheese zest and juice of 1 lemon

Recipe

1. Heat the olive oil in a large dutch oven over medium-high heat. Add the shallot, garlic, and chili flakes and cook until fragrant, about 5 minutes. Drop in the butter, then stir in the orzo. Cook until golden, 1-3 minutes.
2. Pour in the broth and bring to a boil over high heat. Season with salt and pepper. Stir in the beans and kale. Season with salt and pepper. If you have one, add a parmesan rind.
3. Simmer 8-10 minutes until the orzo is al dente, stirring often. It should become very creamy. Stir in the pesto, milk, parmesan, and lemon, cook another few minutes until warmed through.
4. Divide the orzo and broth among bowls and add additional parmesan and black pepper. I like to add some fresh dill, parsley, or basil too!



Eve's Curried Winter Squash and Apple Soup

by Margie Zeskind

Ingredients

Winter squash
apples
coconut palm sugar
salt
Madras curry powder
caedamom
coriander
vegetable broth
cinnamon stick
toasted pumpkin seeds

Recipe

1. Roast above solid ingredients then add to soup pot with liquid and bring to a boil and reduce to a simmer.
2. Blend together with an immersion blender.
3. Serve with toasted pumpkin seeds and crusty bread.



Get Well Lemon Rice Soup

by Rachel Unger and Michael, Max and Ellie Feldman

Ingredients

Olive oil
shallots
carrots
celery
salt
bay leaves
veggie broth
brown rice
pepper
lemon juice
parsley

Recipe

1. Sauté olive oil shallots, carrots, and celery.
2. Add salt, bay leaves, and veggie broth and brown rice bring to a boil cover and simmer.
3. Remove bay leaves, add pepper, lemon juice and parsley.



The Lovely Gumbo Limbo Lentil Soup

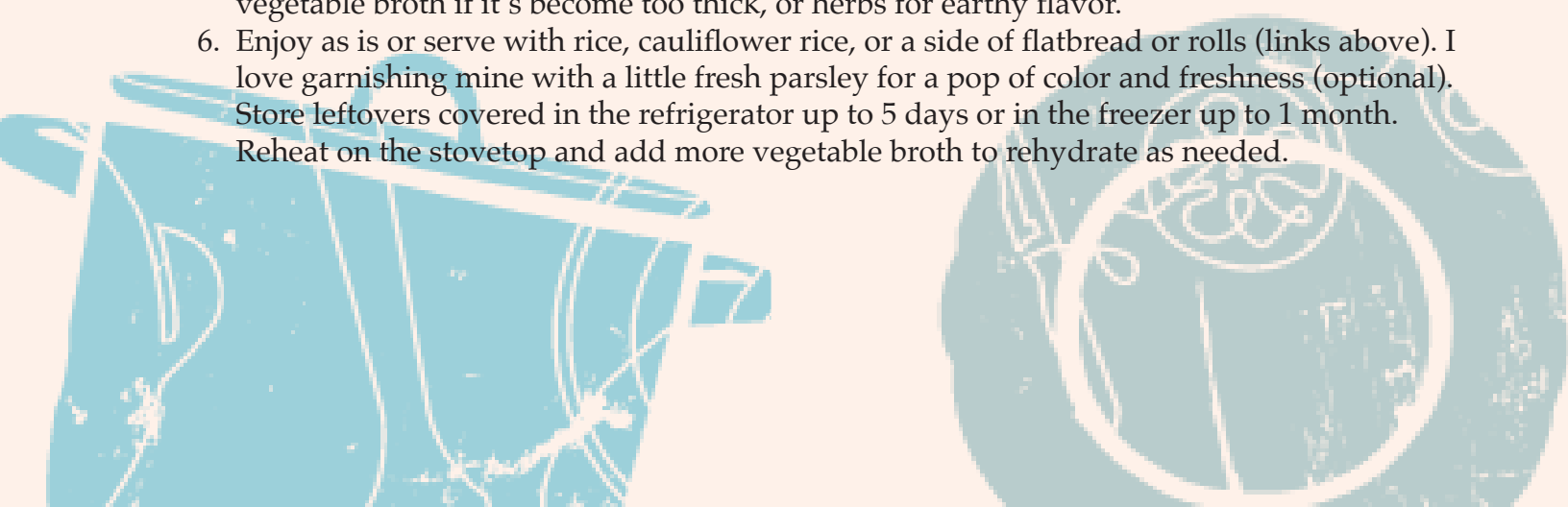
by Fourth and Fifth Grade of the Innovative School

Ingredients

- 2 Tbsp water (or sub oil of choice // such as avocado or coconut)
- 2 cloves garlic minced (or sub 2 Tbsp garlic-infused oil*)
- 2 small shallots (optional // or 1/2 white onion as recipe is written // diced)
- 4 large carrots (thinly sliced)
- 4 stalks celery (thinly sliced)
- 1/4 tsp each sea salt and black pepper (divided // plus more to taste)
- 3 cups yellow or red baby potatoes (roughly chopped into bite-size pieces*)
- 4 cups vegetable broth (plus more as needed)
- 2-3 sprigs fresh rosemary or thyme (I used a bit of both)
- 1 cup uncooked green or brown lentils (thoroughly rinsed and drained)
- 2 cups chopped sturdy greens (such as kale or collard greens)

Recipe

1. Heat a large pot over medium heat. Once hot, add water (or oil), garlic, shallots/onion (optional), carrots, and celery. Season with a bit of salt and pepper and stir. Sauté for 4-5 minutes or until slightly tender and golden brown. Be careful not to burn the garlic (turn heat down if it's cooking too quickly.)
2. Add potatoes and season with a bit more salt and pepper. Stir and cook for 2 minutes more.
3. Add vegetable broth and rosemary or thyme and increase heat to medium high. Bring to a rolling simmer. Then add lentils and stir. Once simmering again, reduce heat to low and simmer uncovered for 15-20 minutes or until lentils and potatoes are tender.
4. Add your greens, stir, and cover. Cook for 3-4 minutes more to wilt.
5. Then taste and adjust flavor as needed, adding more salt and pepper for overall flavor, vegetable broth if it's become too thick, or herbs for earthy flavor.
6. Enjoy as is or serve with rice, cauliflower rice, or a side of flatbread or rolls (links above). I love garnishing mine with a little fresh parsley for a pop of color and freshness (optional). Store leftovers covered in the refrigerator up to 5 days or in the freezer up to 1 month. Reheat on the stovetop and add more vegetable broth to rehydrate as needed.



Carrot Zucchini Soup

by Beverly and Steve Unger, Ellie Feldman

Ingredients

2 pounds carrots
4 peeled zucchinis
2 tbsp chopped tarragon
Salt
Olive oil 2 tbsp
2 1inch cut cubes of ginger
2 ½ qts. vegetable broth

Recipe

1. Cut zucchini into ½ inch rounds. Mix carrots and zucchini with salt to taste and 1 tbsp olive oil and roast at 450 degrees for 20-30 minutes.
2. Saute roasted carrots and zucchini in olive oil until soft and then add broth. Simmer soup for 30 min. Puree in blender.
3. Serve garnished with chopped pistachios



Nonna's Cuban Black Bean Soup

by Team Ressler

This comforting soup recipe has been passed down through my husband's family. It has traditionally Cuban notes of cumin and oregano, and pairs beautifully with crispy mariquitas (plantain chips). It is easy to make and vegan as well!

Ingredients

1.5 lbs black beans, rinsed
1 bay leaf
1 sprig fresh oregano (or 1-2 tsp dried - to taste)
4 tbs olive oil
1.5 tbs ground cumin
1 medium yellow onion, chopped
8 cloves or garlic, peeled and chopped
1 medium green or yellow bell pepper, cored, seeded and chopped
Vegetable bullion (optional)
Salt & pepper to taste

Recipe

1. Put rinsed beans in a soup pot and cover with approx 3" of water. Let sit for several hours or overnight.
2. Heat oil in a skillet and sauteed onion, garlic and bell pepper until very soft, about 10 minutes. Add cumin, oregano, and salt & pepper as desired.
3. Add cooked skillet mixture to pot of beans along with the bay leaf. Boil on high heat for approx 10 min, then set to medium low and cook about about 2 hours. At this point you can add a few tablespoons of "better than bouillon" or whatever flavoring you wish to increase the saltiness and flavor intensity.

Buen provecho - enjoy!



Zucchini Soup

by Nikki Baron

Ingredients

Fresh Zucchini
spices
chicken broth or vegetable broth

Recipe

1. 12 zucchini washed and sliced with skin on Olive oil to coat bottom of soup pot.
2. 2 diced onions, 1 clove garlic chopped, 2 cartons chicken broth, Curry powder to taste S&P.
3. Saute onion, garlic and sliced zucchini in olive oil. Add chicken broth one at a time (the whole second box may not be needed) and cook 20-30 mins (soft boil).
4. Use stick/hand blender to puree or place zucchini in blender to puree. Add curry, S&P to taste (I add Tony's Chachere's creole seasoning for a kick).



Spinach Matzah Ball Minestrone Soup

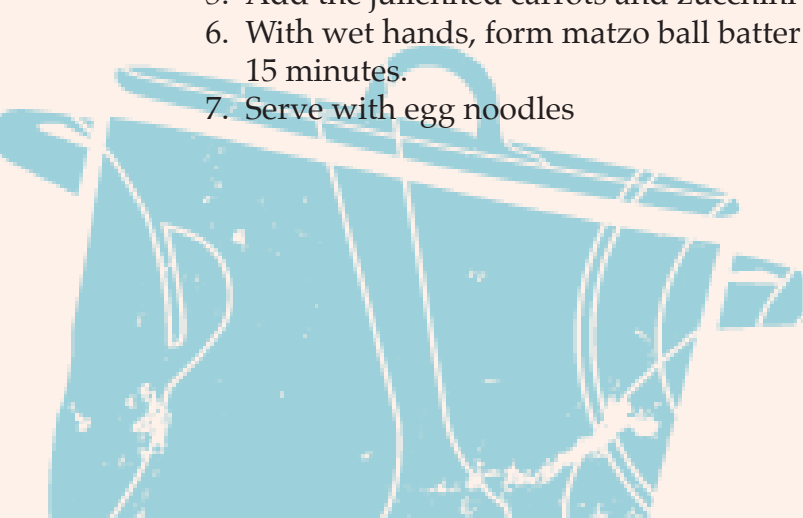
by Jonathan Sepsenwol

Ingredients

Onion
Garlic
Celery
Olive Oil
Tomato Paste
Tomatoes
Basil
Oregano
Vegetable Stock
S & P
Matzah ball mix
Chopped Spinach
Carrots
Zucchini
Egg Noodles

Recipe

1. Saute onion, garlic and celery in olive oil until translucent. Add tomato paste and saute until aromatics are fragrant and evenly coated. Add tomatoes, basil, oregano, stock, salt and pepper. Stir to combine the ingredients and bring the soup to a boil.
2. Lower the heat and simmer for 15 minutes.
3. While the soup is cooking, prepare the matzo balls.
4. Mix 2 eggs with 1 tbsp of oil in a bowl. Add the matzo ball mix and spinach and stir with a fork until evenly combined. Refrigerate for 10 minutes.
5. Add the julienned carrots and zucchini to the soup.
6. With wet hands, form matzo ball batter into small balls and place in the soup. Simmer for 15 minutes.
7. Serve with egg noodles



Lentil Soup

by Adam Snitzer

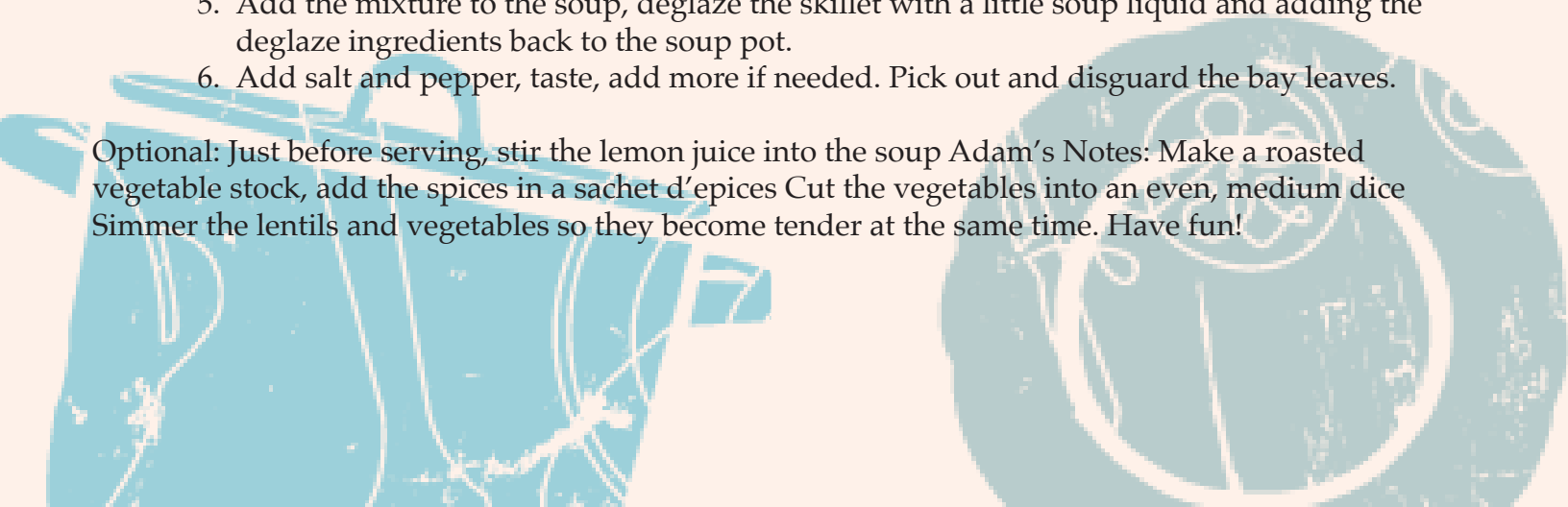
Ingredients

Lentils. (1 pound)
Vegetable stock (10 cups)
Spices (1 jalapeno, 2 teas coriander seeds, 1.5 teas cumin seeds, 2 bay leaves)
Potatoes (2 medium)
Spinach ((10 ounces)
Butternut Squash (1 small)
Olive Oil (2 TBS)
Onion (1 large)
Celery (2 ribs)
Garlic (3 cloves)
Pepper (.5 teas)
Lemon Juice if desired (1 / 3 cup)

Recipe

1. The ingredients above and the recipe that follows were written by Chef Joe Yonan and published in the Washington Post on March 8, 2020. My notes are at the bottom.
2. "In a large soup pot over medium-high heat, combine the lentils, stock or water, jalapeno, coriander, cumin, oregano and bay leaves. Bring to a boil, then reduce the heat to low. Simmer, partially covered, about 30 minutes, until the lentils are tender.
3. "Add the potatoes, spinach and butternut squash, re-cover and cook another 15 to 20 minutes, until the potatoes and squash are tender.
4. "Meanwhile, in a large skillet over medium heat, heat the olive oil until shimmering. Add the onion, and cook, stirring, until it starts to soften, 3 to 4 minutes. Add the celery and garlic, and cook, stirring often, until they soften, 3 minutes.
5. Add the mixture to the soup, deglaze the skillet with a little soup liquid and adding the deglaze ingredients back to the soup pot.
6. Add salt and pepper, taste, add more if needed. Pick out and discard the bay leaves.

Optional: Just before serving, stir the lemon juice into the soup
Adam's Notes: Make a roasted vegetable stock, add the spices in a sachet d'epices Cut the vegetables into an even, medium dice Simmer the lentils and vegetables so they become tender at the same time. Have fun!



Iraqian Kubeh Soup

by Dorit Dahan Ellenbogen

Ingredients

FOR THE KUBBEH:

1 large yellow onion, very finely chopped
¾ pound ground beef
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper, plus more to taste
1 teaspoon Baharat
¼ cup chopped celery leaves (optional)
3 cups fine semolina flour
1 ½ cups water, divided
1 tablespoon canola oil

FOR THE SOUP:

1 tablespoon canola oil
1 large yellow onion, finely chopped
3 large beets, peeled and cubed into 1/2-inch pieces (about 4 to 5 cups)
3 quarts water
1 tablespoon granulated sugar
4 teaspoons kosher salt
Freshly ground black pepper
3 tablespoons fresh lemon juice, divide
Chopped celery leaves (optional)

Recipe

- STEP 1: Make the kubbeh filling: Place the 1 chopped onion in a clean kitchen towel. Working over the sink or a bowl, squeeze out and discard as much liquid as possible. Place the onions in a large bowl. Add the beef to the large bowl along with the salt, pepper, baharat, and chopped celery leaves, if using. Mix with your hands until combined, then cover the bowl and refrigerate for 30 minutes.
- STEP 2: Make the kubbeh patties: Mix together 3 cups semolina flour, 1 cup water, 1 teaspoon salt, and 1 tablespoon oil in a medium bowl until smooth. Knead the mixture in the bowl to combine until it forms a dough that is moist but not sticky. If dough feels sticky, knead in additional semolina flour, 1 teaspoon at a time. If dough feels dry, add additional water, 1 teaspoon at a time.

(cont...)

Iraqian Kubbeh Soup (cont.)

by Dorit Dahan Ellenbogen

- STEP 3: Cut dough into two pieces and keep one of them covered. Roll out the other piece of dough on a work surface lightly dusted with semolina flour, or between 2 pieces of wax paper until it is 1/8-inch thick. Cut out about 2 1/2-inch rounds and place the cut pieces on a piece of wax paper. Re-roll the scrap and continue cutting rounds until you use up the dough. You can stack the cut rounds between layers of wax paper.
- STEP 4: Line 1 to 2 sheet pans with parchment paper. Remove the kubbeh filling from the refrigerator. Wetting your hands as needed to prevent the mixture from sticking, pinch off a small piece of the kubbeh filling and gently roll into a 1" ball. Place the ball of kubbeh filling in the center of a rolled out round of dough and pinch to seal the ends. Roll the ball gently in your hands into a ball to ensure the meat is sealed in the dough. Place on the prepared sheet pan. Repeat rolling, filling and shaping until the remaining kubbeh filling and dough have all been used. If planning to cook these kubbeh within 12 hours, place in the refrigerator; if waiting longer, freeze the kubbeh on the sheet pan until solid, about 2 hours, then transfer to an airtight container and freeze until ready to cook.
- STEP 5: Repeat steps 2 to 4 until all the dough and beef mixture have been used.
- STEP 6: Make the soup: In a large stockpot, heat 1 tablespoon of oil over medium heat. Saute the 1 chopped onion until translucent, about 4 minutes. Add the beets and saute until softened, about 7 to 8 minutes. Add the water, half of the lemon juice, sugar, salt, pepper, and celery leaves if using, and bring the mixture to a boil. Gently drop the kubbeh into the soup, reduce the heat to low, and cover the pot. Simmer until the kubbeh and the beets are cooked through, about 50 minutes.
- STEP 7: Season the soup with more salt and pepper to taste. Add remaining lemon juice and serve the soup with a few kubbeh per serving immediately. Add salt and pepper, taste, add more if needed. Pick out and discard the bay leaves.

Optional: Just before serving, stir the lemon juice into the soup
Adam's Notes: Make a roasted vegetable stock, add the spices in a sachet d'epices
Cut the vegetables into an even, medium dice
Simmer the lentils and vegetables so they become tender at the same time. Have fun!



Peruvian Chicken Soup

by Marte Singerman

Ingredients

Whole chicken - cut into 8 pieces
2 stalks celery, chopped
2 stalks celery left whole
1 medium yellow onion - peeled and left whole
1 head garlic separated into cloves and peeled (you can smash them with a knife, then chopped)
2 corn cobs, cut into 2" pieces
1 big potato - peeled and cut into bite-sized pieces
2 carrots, peeled and chopped
1/2 bunch cilantro
1/4 butternut squash or 1 bag precut squash chunks
1 Cup brown rice

Recipe

1. Fill a 10 quart pot 1/2 full of water and bring to a boil. Add the chicken pieces, celery stalks, onion, garlic, squash, cilantro and rice and boil for about 45 minutes until the chicken is cooked through.
2. Remove the skin and the larger bones. You can shred or leave the chicken in pieces and return to broth.
3. Remove the celery stalks, cilantro and onion. Add remaining vegetables and cook until they are tender (6 - 8) minutes.
4. Serve. It freezes beautifully in individual portions.



Zuppa di Cioccolato e Zucchine (Vegan and Dairy versions)

by Warshofsky Family

Ingredients

For soup:

water cornstarch milk (vegan option)
vanilla bean paste chocolate bar/morsels/chips (vegan option)
salt
zucchini

For croutons:

challah (vegan option)
granulated sugar
butter (vegan option)

For garnish (all optional:)

croutons
mascarpone
whipped cream with powdered sugar hazelnuts
hazelnut oil {ALLERGY possibility!}
balsamic vinegar
ground cayenne pepper
freeze-dried raspberries
purple sweet potato
powder espresso

Recipe

For soup:

1. Prepare slurry by mixing cold water and cornstarch, stir to dissolve then set aside. In a separate bowl, finely grate zucchini; let drain well in a fine mesh strainer then squeeze with paper towel to remove remaining moisture and set aside. In a soup pot, heat milk over low heat until just starting to bubble around the edges of the pot. Add in vanilla bean paste and salt. Remove from heat. Add in chocolate. Let sit for a couple minute to melt then stir slowly with a whisk to combine until smooth. Stir in the cornstarch slurry. Gently heat the chocolate soup, stirring with whisk until it starts to thicken. Remove from heat. Ladle into bowls. Garnish with croutons and toppings (optional). Serve warm.

Zuppa di Cioccolato e Zucchine (Vegan and Dairy versions) (cont.)

by Warshofsky Family

For croutons:

1. In a medium bowl, combine challah cubes, sugar, and melted butter; toss until well-coated. Spread cubes on ungreased rimmed baking sheet. Bake until crisp and lightly browned, about 20 minutes, stirring occasionally. Remove from oven and cool. Store in airtight container.



My Mom's Pea Soup

by Tamas Doffek

Ingredients

home made chicken soup
carrots
onions
peas
flour
eggs

Recipe

1. Chicken stock is cooked with vegetables and peas.
2. When cooked processed in a blender.
3. Return to pot and homemade spatzle and more peas are added



Green Curry Lentil Soup

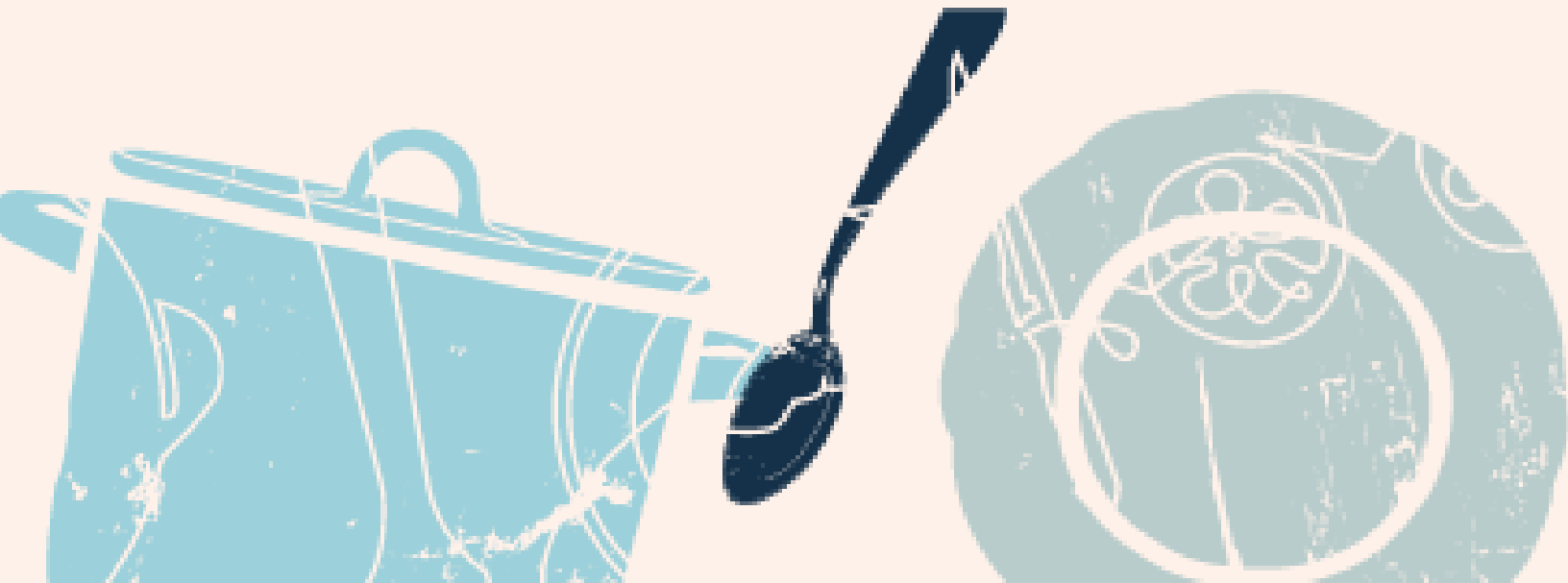
by Andrea Wagner

Ingredients

Green Curry Paste
Lentils
Red Onion
Garlic
Vegetable Oil
Unsweetened Coconut Milk
Ditalini
Baby Spinach
Fresh Lime Juice

Recipe

1. ???



Vegan Brunswick Stew

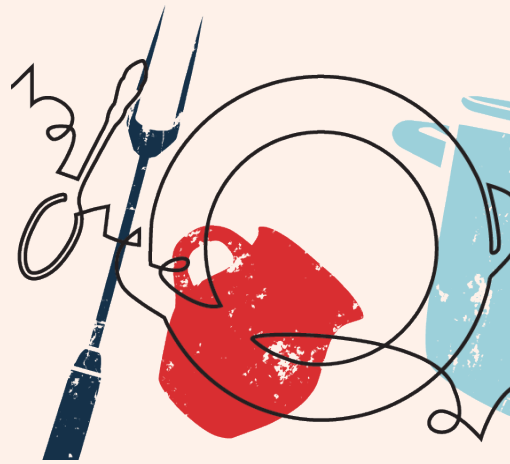
by Rachel Unger

Ingredients

1 (14 oz) can Young jackfruit
Shredded ½ stick plant butter
1 teaspoon Colgin liquid smoke (use less if another brand*)
1 cup chopped shallot
1 ½ tablespoons tamari
2 tablespoons nutritional yeast
3 cloves garlic, chopped
½ cup green beans, chopped into bite-sized pieces
½ cup diced tomato
2 large corn cobs, kernels removed + 1 cob for stock
¾ cup frozen lima beans
½ cup sliced okra (optional)
½ cup diced potatoes (optional)
½ cup good BBQ Sauce
1 tablespoon whole grain mustard
4 cups vegetable broth
Salt and pepper, to taste

Recipe

Drain jackfruit from a can (or package) and shred with a fork. Pat it dry and remove any seeds. In one large pot over medium-high heat, melt the plant butter and cook the jackfruit until golden brown, about 5 minutes, mixing every so often. Add the liquid smoke, onions, garlic, tamari, nutritional yeast, and a sprinkling of salt. Cook for an additional five minutes until everything starts to brown. Now throw in all of the vegetables: green beans, tomatoes, corn kernels (plus one cob cut in half), lima beans, and okra and potatoes, if using. Then add vegetable broth, BBQ sauce, mustard, garlic powder, and onion powder. Mix well and bring to a simmer. Reduce heat and cook on low for an additional 10-15 minutes. Give it a taste and add a few cracks of pepper and a few pinches of sea salt to taste (depending on your vegetable broth and BBQ sauce, you may need to add more salt). Serve as-is or with rice.



Sunset Gazpacho by The Golden Suns

by The Gumbo Limbo Class from The Innovative School

Ingredients

- 6 ripe Tomatoes, seeds removed, chopped
- 1 small Cucumber, seeds removed, peeled and chopped
- 1 Red Bell Pepper, chopped
- 1 small Red Onion, chopped
- 3 tablespoons Extra Virgin Olive Oil
- 2 tablespoons Red Wine Vinegar (or champagne vinegar)
- ½ teaspoon Salt (or to taste)
- ¼ teaspoon Black Pepper
- ½ teaspoon Cumin (optional)
- 1 slice of stale Bread (optional, for a thicker texture).

Recipe

PREPARE THE VEGETABLES:

1. Cut the tomatoes in half and scoop out the seeds before chopping.
2. Peel the cucumber, slice it lengthwise, and use a spoon to remove the seeds before chopping.

BLEND THE INGREDIENTS:

3. In a blender or food processor, combine the seedless tomatoes, seedless cucumber, bell pepper, onion, and stale bread (if using). Blend until smooth.

ADD LIQUIDS AND SEASONINGS:

4. Pour in the olive oil, vinegar, salt, black pepper, and cumin. Blend again until fully combined.

CHILL THE SOUP:

5. Transfer to a bowl or pitcher and refrigerate for at least 2 hours.

ADJUST SEASONING & SERVE:

6. Taste and adjust seasoning if needed. Serve chilled, garnished with diced cucumber, tomatoes, and a drizzle of olive oil. Add croutons for crunch if desired.



Roasted Tomato Soup with Maple Syrup

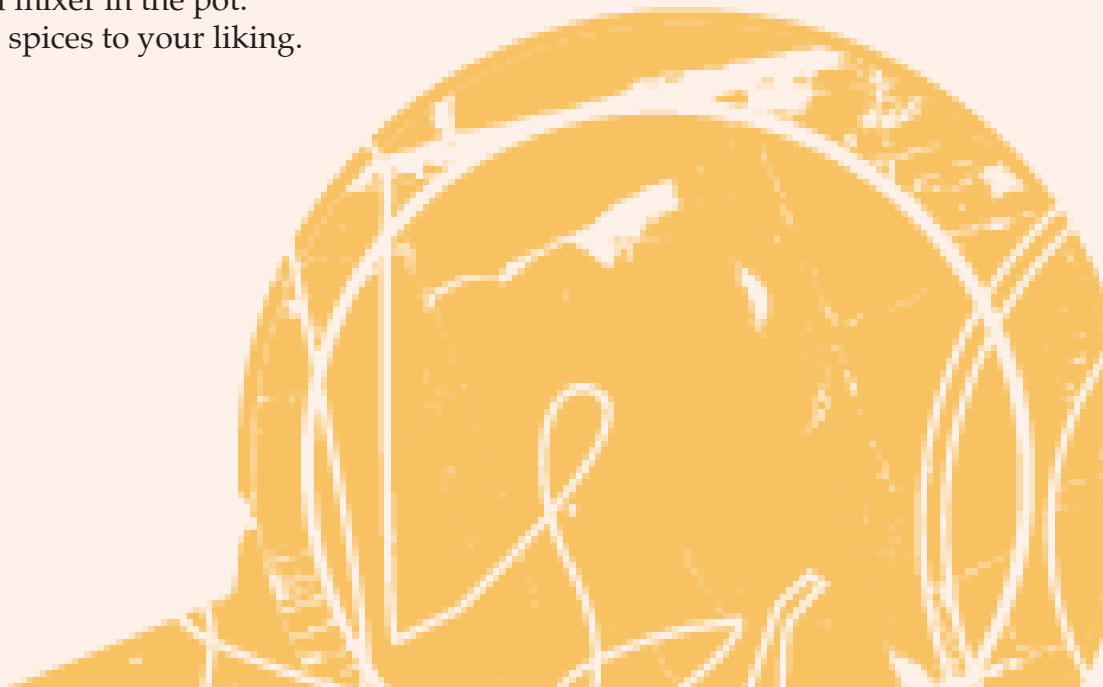
by Howard Grodin

Ingredients

- 14 Tomatoes (cut in half, stems removed)
- 3 Cooking Onions (cut into 1" pieces)
- 8 Cloves of Garlic (crushed)
- 1 Tbsp Thyme (dried)
- 1 Tbsp Oregano (dried)
- 1 Tbsp Basil (dried)
- 1 Tbsp Smoked Paprika
- ½ Cup Maple Syrup (can add a touch more, to taste)
- 4 Tbsp Olive Oil
- 6 Cups Homemade Vegetable Stock
- 3 Tbsp Salt & Pepper

Recipe

1. Pre-heat oven to 375 degrees.
2. Place tomatoes and onions in a large mixing bowl, coat with oil, salt and pepper.
3. Spread on baking sheet lined with parchment paper and roast for 15 minutes.
4. Add garlic and all dry spices, mix together on baking sheet and roast for another 15 minutes.
5. Pour maple syrup over mixture and mix together.
6. Roast for 10 more minutes.
7. Transfer roasted tomato mixture to a large pot and add vegetable stock.
8. Bring to a boil on high then turn to medium and simmer for 30 minutes.
9. Puree with handheld mixer in the pot.
10. Taste and add extra spices to your liking.



Roasted Squash

by Ellie Feldman, Steve and Beverly Unger

Ingredients

2 Acorn Squash
1 Butternut Squash
5 Tomatoes
4 Delicata Squash Tarragon Sage
2 tablespoon Soy Sauce
Juice of 1 Lime
1 box Golden Curry mild
48 ounces Vegetable Broth
½ tsp ground Ginger (consider fresh ginger)
1 tbsp Curry Powder
13 oz lite Coconut Milk
7 oz sweet Coconut Milk
1 tsp Nutmeg



Recipe

1. Skin and grossly chop the acorn and delicata squash.
2. Halve and seed the butternut squash.
3. Lightly oil and salt the squash and roast mixed with chopped sage and tarragon at 375 degrees until caramelized but not burnt.
4. Cut up and gently sauté the squash with the golden curry, ginger, curry powder, and nutmeg.
5. Mix with coconut milk and broth and lime juice and soy sauce and simmer for several hours.
6. Puree with an immersion blender or a table top blender, salt to taste serve with a salted crouton of vegan bread.



Sweet Corn Chowder

by Team Ressler

Ingredients

- 3 cans Sweet Corn
- 2 Onions
- 1/2 Red Bell Pepper (or 1 small spicy pepper if desired)
- 1 thumb Ginger
- 2 cloves Garlic
- 2 cups Veg Broth
- 2 tbsp Olive Oil
- 2 handfuls of Cilantro
- Pinch of salt/pepper
- 1 tbsp ground Lemongrass (optional)

Recipe

1. Heat oven to 430 degrees.
2. Drain all the corn and save liquid in a separate bowl.
3. Spread the contents of 1 can of corn on a baking sheet, sprinkle with salt, pepper, and bake in hot oven for 10-20 min (until it is roasted but not browned).
4. Once done, set aside to cool down.
5. Chop onions, garlic and ginger.
6. Heat 1 tbsp oil in pot and add onions first to slowly fry. Add ginger and cook, stirring occasionally for about 1 minute. Add garlic and repeat. If you are using lemongrass, add now. Add the remaining 2 cans of corn to the pot along with the water you set aside. Add vegetable broth. Bring to a boil. Simmer 10-15 min.
7. In the meantime, finely chop the pepper and cilantro, and mix in with the roasted corn.
8. With a blender or immersion blender, make the soup a bit smoother - to your liking. It shouldn't be too smooth.
9. Add salt/pepper to taste.
10. Serve the soup with a heaping tablespoon of the pepper/corn mixture.



Island Pumpkin Soup with Green Curry Paste

by Suzette Abramson

Ingredients

1 Pumpkin (about 2 lbs), peeled and chopped
1/2 Coconut Milk
10 cups of Vegetable Stock (or chicken stock)
2 medium Carrots
1 Sweet Plantain or Sweet Potato
1 Yellow Yam
1 Onion, chopped
4 cloves Garlic, minced
1-inch piece fresh Ginger, grated
2 tbsp Coconut or Olive Oil
1/2 teaspoon ground Allspice
1/4 teaspoon Cayenne Pepper (optional)
1/2 teaspoon Salt
1/4 teaspoon Pimento Berries (black pepper)
1 Scotch Bonnet Pepper (optional)
6 sprigs of Thyme
½ tablespoon Parsley (2g)
Flour (optional)
Water Green Curry Paste, Basil, Cilantro, Spinach, Coriander, Lime zest & juice, Ginger, Lemongrass, Coconut or Olive oil



Recipe

1. Heat oil in a large pot over medium heat.
2. Add onion, garlic, and ginger. Cook until softened.
3. Add pumpkin, allspice, cayenne pepper, salt, and pepper. Cook for 5 minutes.
4. Pour in broth and bring to a boil.
5. Reduce heat and simmer until pumpkin is tender.
6. Mash the pumpkin.
7. Stir in coconut milk and adjust seasoning.
8. Serve hot, garnished with scallions (if desired). Optional Flour Dumplings combine flour and water until it forms a dough. separte dough into 1"-1.5" pieces Green Curry Paste
Combine all ingredients in a food processor

Cold Chickpea-Tahini Soup

by Jonathan and Karen Sepsenwol

Ingredients

Chopped Tomatoes
Cucumber
Red Onion
Pitted Olives
Parsley
Ground Pepper
Kosher Salt
Chickpeas
Lemon Juice
Olive Oil
Ground Cumin
Garlic
Tahini
Feta

Recipe

- Step 1 Combine the chopped tomatoes, cucumber, red onion, olives, parsley and a sprinkle of salt and pepper in a small bowl; set aside.
- Step 2 In a blender, combine the chickpeas, lemon juice, 1 tablespoon olive oil, cumin, garlic, tahini and a sprinkle of salt and pepper. Gradually add water (start with 1 cup) and blend until smooth and thin enough to pour. Taste and adjust seasoning. Pour into bowls, and top with the chopped-vegetable mixture, some crumbled feta, a sprinkle of cumin (if you like) and a generous drizzle of olive oil.



Beef Barley Soul Soup

by Adam Snitzer, John Barker and Dan Haber

This nourishing soup combines tender chunks of beef with wholesome pearl barley and fresh vegetables in a rich, flavorful broth. Seasoned with fresh herbs and slowly simmered to perfection, each bowl provides warmth and sustenance. Our team will be preparing 100 portions of this nutritious soup to share with our neighbors in Liberty City through the Village (Free)dge and Pantry, bringing comfort and care to those experiencing food insecurity in our community. Made with love, this classic soup features: Premium chuck roast, carefully trimmed and slow-cooked until tender Nutritious pearl barley Fresh carrots, celery, and onions Aromatic herbs including rosemary, thyme, and parsley. A savory broth enriched with umami notes A mitzvah that warms both body and soul.

Ingredients

2 lbs Chuck Roast, trimmed of excess chunks of fat, cut into 3/4-inch cubes
3 Tbsp Olive Oil
1 1/2 cups chopped Carrots (about 3)
1 cup chopped Celery (about 2 ribs)
2 cups chopped Yellow Onion (1 large)
3 Tbsp Tomato Paste
1 1/2 Tbsp minced Garlic (4 cloves)
2 (32 oz) cartons low-sodium Chicken Broth or Beef Broth
1 Tbsp low-sodium Soy Sauce
2 tsp Worcestershire sauce
2 tsp minced fresh Rosemary, or 1/2 tsp dried
2 tsp minced fresh Thyme, or 1/2 tsp dried
Salt and freshly ground black pepper
1 cup Pearl Barley
3 Tbsp minced fresh Parsley

Recipe

1. Heat 1 Tbsp olive oil in a large pot over medium-high heat.
2. Dab beef dry and add 1/2 or 1/3 of beef, adding just enough not to overcrowd. Season with salt and pepper. Let sear until golden brown on bottom, about 3 minutes then flip and cook 1 minute longer. Transfer beef in pot to a plate along with juices and repeat process with remaining beef adding in another 1 Tbsp oil to pot.
3. Add 1 Tbsp oil to the now empty pot. Add carrots, celery and onion and sauté 3 minutes. Add tomato paste and garlic and sauté 1 minute longer. Pour in broth, soy sauce, Worcestershire sauce, rosemary, thyme and season with salt and pepper to taste.
4. Return beef to pot. Bring mixture to a simmer then reduce heat to low, cover and simmer until beef is fairly tender, about 45 - 60 minutes. Add barley, cover and simmer until cooked through and beef is tender, about 45 - 60 minutes longer. Stir in parsley. Serve warm.



Hungarian Goulash

by Tamas Dofek (the Gulashim)

Ingredients

Schmalz
Onion
Paprika
Beef
Vegetables
Spatzle

Recipe

SAUTÉ THE ONIONS:

1. Heat the schmalz or oil in a large pot over medium heat.
2. Add the chopped onions and cook until golden and soft, for about 5-7 minutes.
3. Add the garlic and spices: Stir in the minced garlic, sweet paprika, hot paprika (if using), and caraway seeds. Cook for 1 minute to release the flavors, being careful not to burn the paprika.

BROWN THE MEAT:

4. Add the beef cubes to the pot and cook until browned on all sides. Season with salt and black pepper.

SIMMER THE STEW:

5. Pour in the beef stock or water, ensuring the meat is covered. Add the bay leaf. Bring the mixture to a boil, then reduce the heat to low, cover, and simmer for about 1.5-2 hours, or until the meat is tender.

ADD ROOT VEGETABLES:

6. Once the meat is tender, add potatoes, carrots, and parsnip. Cook for another 30-40 minutes, until the vegetables are soft.



Turkey Noodle

by Glenn Dryfoos

Ingredients

FOR BROTH:

3 pounds of Turkey (any combination of carcass, necks, thighs, wings or legs)
1 large or 2 small Onions – sliced in half or quarters
1 Parsnip – sliced in half and then lengthwise
2-3 large Carrots – sliced in half
2-3 Celery Stalks – sliced in half
Dill Bay leaf
12 cups Water

TO FINISH SOUP:

2 Carrots – finely chopped
1 small Onion – finely chopped
Dill Salt and Pepper
1 bag Egg Noodles

Recipe

1. Place all broth ingredients in large pot and cover with water. Water should cover the ingredients. Bring to boil over high heat.
2. When boiling, reduce heat to low and allow to simmer (surface barely moving) for 1 – 1.5 hours until chicken is fully cooked.
3. Remove from heat and allow soup to cool a bit.
4. Use tongs to remove chicken pieces to a separate bowl. Strain broth, into another pot or large container (removing all vegetables, etc.), leaving only clear broth. Discard vegetables and refrigerate broth for at least 8 hours (up to 3 days).
5. Remove chicken meat from bone, remove skin and cut meat into small pieces. Refrigerate.
6. When ready to make soup, skim fat from top of broth and pour into pot. Add chicken meat, diced onions and carrots, dill and salt and pepper to taste.
7. In separate pot, prepare noodles according to instructions on bag, removing from heat 1-2 minutes before recommended cooking time. Strain noodles.
8. When soup is hot, add noodles, allow to heat for a few more minutes, then serve.



Salmorejo

by Mark Jacob

Ingredients

- 1.5 lbs. Tomatoes (ideally vine ripened or heirloom)
- 5 oz leftover Challah (ideally stale, if its soft you can toast in your oven at the lowest heat setting)
- 1/3 cup Extra Virgin Olive Oil
- 1 garlic clove
- 1 tablespoon sherry vinegar
- 3/4 teaspoon fine sea salt
- 1/4 teaspoon fresh ground black pepper
- 1/3 cup cold water (as needed)
- 2 hard-boiled eggs.

Recipe

1. Peel tomatoes - Bring pot of water to boil, prepare a bowl with ice water to submerge the tomatoes. cut a cross slit on the bottom of the tomatoes and add to the pot of boiling water for 30 seconds. Quickly remove and place in the ice-cold water bowl to cool down. Once cooled, peel the skin from the tomatoes.
2. Add tomatoes and challah into your blender and let sit for at least 10 minutes so the bread can soak. After 10 minutes add garlic, vinegar salt and pepper. Once the mixture is smooth, slowly drizzle olive oil into the blender (while blender is running)
3. Final product should be thick, similar to yogurt, add cold water to thin out to your preferred consistency. Soup should be thick, not like a broth texture.
4. Chill for at least 1 hour in the refrigerator.
5. Serve cold. Garnish with chopped hardboiled egg.



Tuscan Ribollita

by Mihaela Gutman

Ingredients

1 loaf sourdough bread or ciabatta bread
Extra virgin oil
1 large red onion chopped
2 celery stalks chopped
2-3 carrots peeled and chopped
Kosher salt
6 garlic cloves finely chopped
28 oz canned whole San Marzano tomatoes
1 cup dry white wine
4 cups vegetable broth
2 of 15 oz cans cannellini beans drained and well rinsed
1 in Parmesan rind optional (if you want to keep it vegan don't use Parmesan)
2 thyme springs
1 bay leaf
1 tsp dry oregano
1/2 tsp crushed red pepper flakes
1 lb kale, thick and veined removed, chopped
Grated Parmesan, optional



Recipe

1. Heat the oven to 400 degrees F
2. Tear the bread into large pieces and put it on a large sheet pan. Drizzle with extra olive oil and toss to make sure the bread is coated. Spread the bread into large pieces one layer on the sheet pan. Bake in the heated oven for about 10 minutes or until somewhat toasted and golden brown
3. In a large cooking pot, heat 3 tbs extra virgin oil over medium-high heat until shimmering but not smoking. Add the onions, celery and carrots. Sprinkle a little kosher salt. Lower the heat to medium and cook, tossing regularly, until softened. Add the garlic, and cook for 30 seconds to 1 minute, tossing regularly (do not let the garlic brown).
4. Add the tomatoes, white wine and broth. Cook over medium heat for a little bit, stirring and breaking up the tomatoes with a wooden spoon.
5. In a bowl of a food processor fitted with a blade, combine about 1/2 cup of the broth tomato mixture and 1 cup of the cannellini beans. Purée
6. To the pot with the tomato mixture, add the Parmesan rind, fresh thyme, bay leaf, oregano, crushed red pepper flakes and a pinch of kosher salt. Stir to combine. Let simmer over medium heat for about 20 minutes.

Tuscan Ribollita (cont.)

by Mihaela Gutman

7. Now add the white beans (both the whole beans and purred beans) and fresh kale (stir to make sure the kale is submerged in the soup) to the cooking pot. Let the kale cook for a few minutes. Add 1/2 of the bread and stir. Let simmer a little bit longer until the kale has fully cooked and the bread has softened and absorbed some of the liquid
8. Remove from the heat. Remove what is left of the Parmesan rind, bay leaf and thyme springs. Top the soup with a bit more of the toasted bread. Finish with a drizzle of extra virgin oil and a sprinkle of Parmesan. Enjoy.



Coconut Butternut Squash Soup

by Jenni Person

Ingredients

- 1 large Butternut Squash (about 1½ pounds)
- 2 tablespoons Olive Oil or other Vegetable Oil
- 1 large Yellow or Sweet White Onion, chopped
- 1 medium Apple, any variety, peeled and diced
- 2 cups prepared Vegetable Broth, or 2 cups Water with 1 Vegetable Bouillon cube
- 2 teaspoons good-quality Curry Powder
- 2 teaspoons grated fresh or jarred Ginger, or more, to taste
- Pinch of ground Nutmeg or Allspice
- 1 14-ounce can light Coconut Milk
- Salt and freshly ground Pepper to taste

Recipe

- Step 1 To bake the squash, preheat oven to 375 degrees. Cut in half and place halves, cut side up, in a foil-lined, shallow baking dish and cover tightly with more foil. Bake for 30 to 50 minutes, until you can easily pierce the flesh with a knife. Scoop out and set aside.
- Step 2 Heat about half the oil in a soup pot. Add the onion and sauté over medium-low heat until golden, about 8 to 10 minutes.
- Step 3 Add the apple, squash, broth and spices. Bring to a steady simmer, then cover and simmer gently until the apples are tender, about 10 minutes.
- Step 4 Transfer the solids to a food processor with a slotted spoon, in batches, if need be, and process until smoothly pureed, then transfer back to the soup pot. Or better yet, simply insert an immersion blender into the pot and process until smoothly pureed.
- Step 5 Stir in the coconut milk and return the soup to a gentle simmer. Cook over low heat for 5 to 10 minutes, until well heated through. Season with salt and pepper. If time allows, let the soup stand off the heat for an hour or two, then heat through as needed before serving.



Chick Pea Coconut Curry Soup

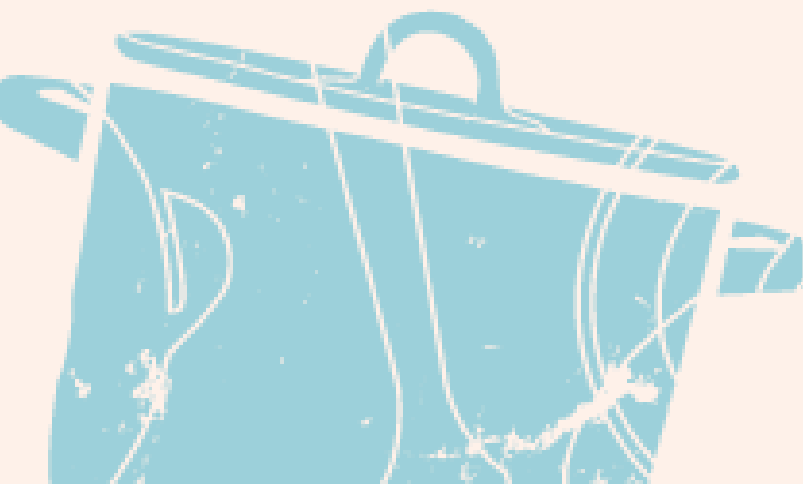
by Kaia Beth Calbeck

Ingredients

Chick Peas
Coconut milk
Vegetable Stock
Onions
Tomatoes
Garlic
Celery
Carrots
Curry

Recipe

Saute: Onions, Garlic, Celery, Carrots.
Add curry
Add tomatoes, saute
Add chick peas, saute
Add vegetable stock & coconut milk
Simmer



Coconut Butternut Squash Soup 2.0

by Jenni Person

Ingredients

- 1 large butternut squash (about 1½ pounds)
- 2 tablespoons olive oil or other vegetable oil
- 1 large yellow or sweet white onion, chopped
- 1 medium apple, any variety, peeled and diced
- 2 cups prepared vegetable broth, or 2 cups water with 1 vegetable bouillon cube
- 2 teaspoons good-quality curry powder
- 2 teaspoons grated fresh or jarred ginger, or more, to taste
- Pinch of ground nutmeg or allspice
- 1 14-ounce can light coconut milk
- Salt and freshly ground pepper to taste
- Garnish
 - 2 medium red onions, quartered and thinly sliced
 - 1 good-size bunch greens like spinach or kale (about 10 to 12 ounces)

Recipe

Heat the oil in a large dutch oven or pot. Add the diced onion, season with salt, and cook until it begins to soften. Add the remaining 1 tablespoon turmeric and the red-pepper flakes, and stir.



13 Bean and Gluten Free Spinach Gnocchi Soup

by Mihaela Gutman

Recipe

Make a vegetable broth from scratch (boil at low heat cut carrots, parsnip, celery root, white onion, red onion, leeks, celery sticks, thyme and parsley leaves). Add the bob mills 13 bean mix and boil until soften, approximately 1 hour. In the same time start the gnocchi: boil a large potato, let it cool, and then mash it with the ricer. Mix some flour with fresh spinach, to make it a powder. Add an egg to the mashed potato and the spinach flour, make it a dough that is soft but not too soft (it takes time to play with the gnocchi mix). Form the gnocchi, boil them in the vegetable broth, take them out and then sauté them in the pan a little bit. Add the gnocchi to a bowl, hot soup and enjoy it.



Smoked Salmon Chowder

by ?

Ingredients

Smoked Salmon
Butter
salt
black pepper
yellow onion
celery
garlic
potatoes
celery seed
Cream Cheese
Dill (dry and fresh)
fish stock (or chicken)
capers
old bay seasoning
heavy cream
Bagel Croutons



Recipe

Melt Butter on medium heat in a large soup pot or Dutch oven Add Onions, Celery and salt and cook until softened, about 8 minutes add garlic and sauté 1 minute add cubed potatoes and mix add dry herbs (dill, celery seed, black pepper) and mix Add stock, capers and brine from capers and bring to a simmer. Cook for around 10-15 minutes, until potatoes are fork tender add cubes of cream cheese until melted then add old bay seasoning Remove 1-3 ladles of entire soup mixture and blend. Add blended soup back to pot add heavy cream and lower the heat to low, wait until there are a few bubbles of simmer (DO NOT LET BOIL) Add cubes of smoked salmon, and cook until smoked salmon warms up Serve in bowl and sprinkle bagel croutons and fresh dill to finish.

Creamy Lentil Sun-Dried Tomato Soup

by Allison Greenfield

Ingredients

For 6 Servings:

2 tbsp salted butter
2 shallots, chopped
3 cloves garlic, chopped
1 tbsp Italian seasoning
1 tbsp tomato paste
chili flakes to taste
4 cup veggie broth
 $\frac{1}{2}$ cup red or green lentils
1 can (14 ounce) diced tomatoes
salt and black pepper
1 jar (8 ounce) sun-dried tomatoes in oil, drained & sliced
1 cup coconut milk
 $\frac{3}{4}$ cup grated parmesan cheese



Recipe

1. Melt the butter with the shallots and garlic in a Dutch oven set over medium heat. Add the Italian seasoning. Cook until the shallots begin to caramelize, about 5 minutes.
Reduce the heat to low, add the tomato paste and chili flakes. Cook for 2 minutes until thickened. Stir in the broth, lentils, and diced tomatoes. Season with salt and pepper.
Simmer over medium heat for 15 minutes until the lentils are soft.
2. Add the sliced / chopped sun-dried tomatoes, the cream, and parmesan, stirring until creamy and steamy, 5-10 minutes.



Trinidadian Chicken Soup

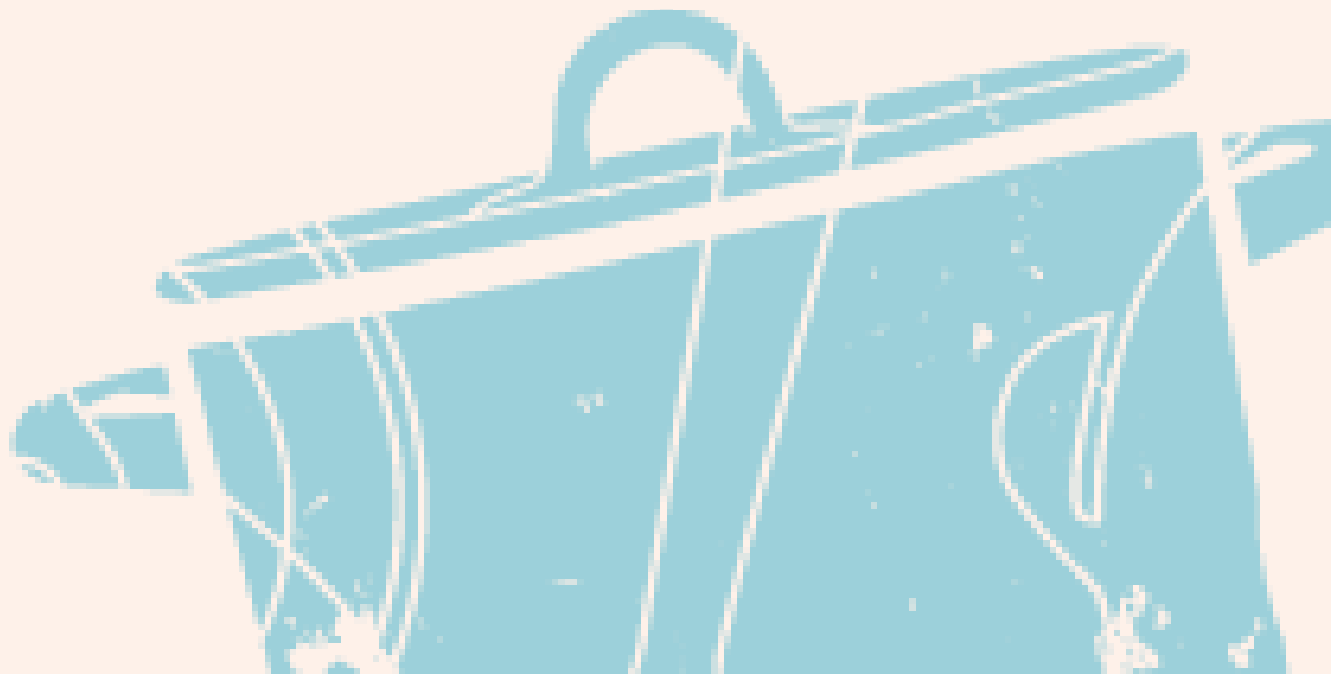
by Dan, John & Adam

Ingredients

vegetable oil
dark brown sugar
skinless and boneless chicken breasts, halved
small skinless, bone-in chicken thighs
finely grated fresh ginger
salt
freshly ground black pepper
whole peeled tinned tomatoes
chopped fresh thyme leaves
chopped fresh flat-leaf parsley
carrots
Yukon gold potatoes
Water

Recipe

Combine chicken, feta, oats, onion and dill with cumin, turmeric and salt. Mix and create small meatballs. I use a melon scoop for the sizing. This should make about 20-25 meatballs.



Carrot Soup with Tahini and Crisped Chickpeas

by Jonathan and Karen Sepsenwol

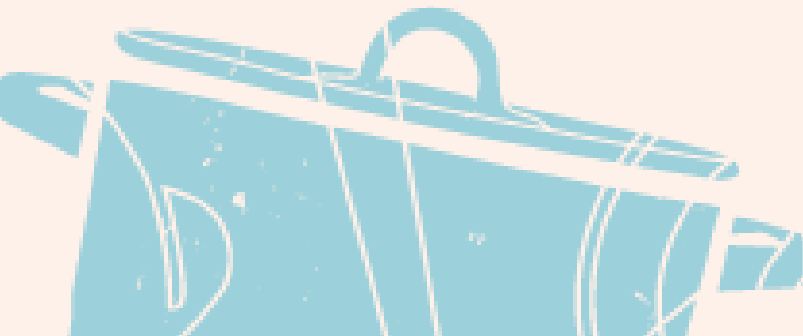
Ingredients

Peeled and diced carrots
chopped onion
peeled and smashed garlic cloves
ground coriander
ground cumin
olive oil
salt
aleppo pepper
vegetable broth
cooked and toasted chickpeas
tahini paste
lemon juice
water



Recipe

Heat two tablespoons olive oil in heavy large pot over medium heat. Add carrots, onion, garlic, coriander, cumin, salt and pepper flakes and sauté until they begin to brown, about 15 minutes. Meanwhile, heat your oven to 425 degrees F. Toss chickpeas with one tablespoon olive oil, salt and cumin until they're all coated. Spread them on a baking sheet or pan and roast them in the oven until they're browned and crisp. This can take anywhere from 10 to 20 minutes, depending on the size and firmness of your chickpeas. Toss them occasionally to make sure they're toasting evenly. Once vegetables have begun to brown, add broth, using it to scrape up any bits stuck to the bottom of the pot. Cover pot with lid and simmer until carrots are tender, stirring occasionally, about 30 minutes. Meanwhile, in a small dish, whisk together tahini, lemon juice, salt and water until smooth with a yogurt-like consistency. If more liquid is needed to thin it, you can add more lemon juice or water, a spoonful at a time, until you get your desired consistency. Puree soup in a blender or with an immersion blender until smooth. Ladle into bowls. Dollop each with lemon-tahini, sprinkle with crisped chickpeas and garnish with chopped parsley



Tom Kha

by Suzette and Leo Abramson

Ingredients

1 tablespoon of coconut oil
half of one onion thinly sliced
2 cloves garlic chopped
half of one red jalapeno pepper sliced; or 1-3 Thai chiles, halved
3 ¼-inch slices galangal or ginger
1 lemongrass stalk pounded with the side of a knife and cut into 2-inch long pieces
2 teaspoons red thai paste
4 cups of chicken broth
4 cups unsweetened, full-fat coconut cream from a can; or full-fat unsweetened coconut milk;
see Notes
2 medium chicken breasts cut into bite-sized pieces, approximately 1 pound
8 ounces white mushroom caps sliced (or beech mushrooms)
1-2 tablespoons coconut sugar
1 ½ – 2 tablespoons of fish sauce (or soy sauce)
2-3 tablespoons fresh lime juice
2-3 green onions sliced thin
fresh cilantro chopped, for garnish

Recipe

?



Dairy-free, Vegan Mushroom Soup

by Team Ressler

Ingredients

- 1 teaspoon extra virgin olive oil (or 2 tablespoon vegetable stock for an oil-free version)
- 1 medium white or yellow onion (cut into a very fine dice)
- 1 large clove garlic (minced)
- ½ pound cremini mushrooms or button mushrooms (sliced thinly or chopped)
- 1 teaspoon thyme or sage
- 3 tablespoon unbleached all purpose flour (for a gluten-free version, use 2 tablespoon rice flour)
- 3-4 cups vegetable stock
- Salt and ground black pepper to taste
- ¼ cup cashews

Recipe

Blend the cashews with 1 cup of the vegetable stock and set aside. In a saucepan, heat the oil or vegetable stock. Add the onions and garlic along with a pinch of salt and ground black pepper. Saute, stirring frequently, until the onions turn translucent but do not brown. It is important that you cut the onions really fine so they just melt into the soup. Add the mushrooms. At this stage you can add a splash of white wine for more flavor, if you wish. Saute the mushrooms over medium-high heat until they are tender, about 5-8 minutes. Add the thyme or sage, stir to mix, and then add the all purpose flour or rice flour. Mix well and let the flour cook for a couple of minutes, stirring frequently to let it cook evenly. Add a cup of the vegetable stock, stirring vigorously as you do so to avoid any lumps from forming. You can also use a whisk to mix at this stage. Add one more cup of stock, continuing to stir, and when it comes to a boil, stir in the blended cashew milk. Once the soup comes to a boil, you can thin out with more stock to get it to the consistency you like. Check for seasoning and add more salt and pepper as needed. You can also add a tablespoon of soy sauce for more flavor, unless you want to be soy-free. When the soup comes to a boil, stir, and turn off. Serve hot.



Pistachio Soup

by Beverly and Steve Unger, Ellie Feldman

Ingredients

1/4 tsp saffron threads
1 2/3 roasted pistachios
2tbsp olive oil
4 finely chopped shallots
1 1/2 oz finely chopped ginger
2 finely chopped leeks
2 tbsp cumin
1/4 tsp cayenne pepper
5 cups vegetable broth
1 freshly squeezed lemon
120 ml fresh orange juice
salt and black pepper to taste

Recipe

Sauté shallots, ginger, leeks and salt and pepper cumin and cayenne for 10 minutes
add stock and half the saffron liquid and simmer 20 minutes
place all but 1 tbsp of the pistachios in a bowl with half the soup and blitz with a hand
blender and return to the saucepan
add orange and lemon juice and reheat
finally finely blend for consistency in a blender
Chop the remaining pistachios
serve with a dollop of vegan sour cream, dust with chopped pecans and drizzle with saffron
water.



Beef Flanken & Vegetable-Barley Soup

by Howard Grodin

Ingredients

- 3 lbs flanken (short ribs cut in half)
- 8-10 mushrooms, chopped
- 2 onions, chopped
- 2 cups celery, chopped
- 1 cup split peas
- 1 cup medium barley
- 1 cup egg barley
- 3 Quarts Homemade Chicken Stock
- 1 tbsp kosher salt
- 1 tbsp white pepper
- 1 tbsp onion powder
- 3 tbsp fresh minced garlic



Recipe

In a large pot combine all the ingredients, cover and bring to a boil. Turn down the heat and simmer for 2-3 hours, stirring occasionally. Ensure that meat shreds and barley is cooked beyond al dente. Adjust seasoning if needed. Serve hot!

Caldo Verde

by The Golden Suns: The Innovative School of Temple Beth Sholom 5th Graders

Ingredients

1/4 cup extra-virgin olive oil
10 ounces vegan sausage
1 large Spanish onion, diced
kosher salt
2 garlic cloves, sliced
6 medium potatoes, peeled and roughly chopped
8 cups vegetable broth
1 pound kale, stems removed, leaves cut into very, very thin slices
freshly ground black or white pepper



Recipe

In a large pot over medium heat, warm the 1/4 cup extra-virgin olive oil. Add the 10 ounces vegan sausage cook until lightly browned on both sides, 3 to 5 minutes. Remove the sausage slices with a slotted spoon and transfer them to a plate, making sure they drain well into the pot; its fat will flavor the soup. Dump the 1 large Spanish onion into the pot. Sprinkle with kosher salt and cook, stirring occasionally, until softened and translucent, 5 to 7 minutes. Add the 2 garlic cloves and cook for 2 minutes more. Plonk in the 6 medium potatoes, add the 8 cups cold water (or a combo of water and chicken stock), and bring to a boil. Reduce the heat to a simmer. Cook until the potatoes are almost tender, 10 to 20 minutes. Remove from the heat and let the soup cool slightly. When the caldo verde has cooled a little, purée it using an immersion blender or a food processor. Add the 1 pound collard greens or kale to the soup, bring it back to a boil, and then reduce the heat and simmer until tender, 2 to 5 minutes. Season with more salt, if needed, and freshly ground black or white pepper. Ladle the caldo verde into bowls and garnish with the remaining slices of vegan sausage.



Lemony Chickpea Soup

by Rachel Unger and Family

Ingredients

1/3 cup (65 to 70g) long-grain white rice (see Note 1)
¼ cup (56g) extra virgin olive oil
4 medium carrots, scrubbed and finely chopped
1 large yellow onion finely chopped
Kosher salt and freshly cracked black pepper
2 (15-ounce / 425g) cans chickpeas, divided
¾ cup (12g) fresh dill (no thick stems), chopped and divided
5 cloves garlic, finely chopped
2 tablespoons tomato paste
2 teaspoons dried oregano
½ teaspoon ground coriander
½ teaspoon ground turmeric
¼ to ½ teaspoon red pepper flakes (½ tsp for a kick)
4 cups (960 mL) vegetable broth
3 ounces (85g) baby spinach or baby kale (can add more, see Note 2)
½ cup (120 mL) creamy unsweetened plant-based milk, such as full-fat oat milk or canned “lite” coconut milk
1 large lemon zested + 3 to 4 tablespoons lemon juice, divided
¼ cup (20g) nutritional yeast
1 tablespoon white miso

Recipe

Pour in the broth and remaining ½ cup oats, then gently tilt the pot to the right and left to distribute the oats and broth without disturbing the meatballs. Bring to a gentle boil, then immediately reduce the heat to maintain an active simmer. Season with salt. Cook, gently stirring occasionally to make sure nothing is sticking to the bottom, until the oats have softened and the meatballs are cooked through, about 4 minutes more.



Chicken Meatball Lemon Soup

by Andrea, Jules and Iyla

Ingredients

1 pound ground chicken or turkey, preferably dark meat -
½ cup crumbled feta (optional if want to make it non dairy)
¾ cup old-fashioned rolled oats (can keep this out as well, effects the texture of the meatballs)
1 small red onion, halved (½ diced, and ½ grated, then squeezed with a paper towel to remove excess liquid)
⅓ packed cup fresh dill leaves and fine stems, finely chopped (can substitute for any fresh herb of your liking)
1 tablespoon ground cumin
½ teaspoon plus 1 tablespoon ground turmeric
Kosher salt and black pepper
3 tablespoons olive oil
½ teaspoon red-pepper flakes, plus more for serving
4 cups low-sodium chicken broth or water
4 packed cups baby spinach (about 5 ounces)
2 lemons (1 juiced and 1 cut into wedges for serving) - the more lemon the better

Recipe

Step 1 - making the meatballs

Combine chicken, feta, oats, onion and dill with cumin, turmeric and salt. Mix and create small meatballs. I use a melon scoop for the sizing. This should make about 20-25 meatballs. I then cook the meatballs in the oven at 400. Or you can add them to the pot in step 2.

Step 2

Heat the oil in a large dutch oven or pot. Add the diced onion, season with salt, and cook until it begins to soften. Add the remaining 1 tablespoon turmeric and the red-pepper flakes, and stir.

Step 3

Pour in the broth and remaining ½ cup oats, then gently tilt the pot to the right and left to distribute the oats and broth without disturbing the meatballs. Bring to a gentle boil, then immediately reduce the heat to maintain an active simmer. Season with salt. Cook, gently stirring occasionally to make sure nothing is sticking to the bottom, until the oats have softened and the meatballs are cooked through, about 4 minutes more.

Step 4 - finishing touches

Stir in the spinach and lemon juice until the spinach is wilted. Adjust the seasoning to taste. Spoon into bowls, top with pepper and the remaining dill. Serve with lemon wedges. the more lemon the tangier.

Greens' Marry Me Soup

by Courtney Green

Ingredients

Olive oil
Onion
Pepper
Salt
Garlic powder
Italian seasoning
Tomato paste
Vege stock
Water
Sugar
Sun-dried tomatoes
Pasta
Heavy cream
Parm
Baby spinach
Red wine vinegar



Recipe

www.realfoodwholelife.com (modified to remove chicken stock and chicken)