

## CKH Foodies Soup's On!

1/10/2021

### Deconstructed Cabbage Soup

(from by Barbara Steinfeld, source unknown)

#### Ingredients:

2 lb. Lean Ground Beef  
½ cup barley\*  
Bag of shredded cabbage  
Salt and Pepper  
Quart of stock  
2 quarts tomatoes  
½ cup sugar  
Juice of 2 lemons

#### Directions:

Brown Beef  
Add Barley and Cabbage  
Season with Salt and Pepper  
Add stock and tomatoes  
Add ½ cup sugar and juice of lemons  
Taste and adjust seasonings

\*sub brown rice for gluten free

## Maida's Spinach Tomato Tortellini Soup Recipe

1 tbsp olive oil  
1 small yellow onion, chopped  
1 clove of garlic, minced or grated  
32 oz box of chicken stock, chicken broth  
14 oz can peeled plum/Roma tomatoes (but, can use any kind of diced tomatoes, including Seasoned tomatoes)  
1, 9oz package of fresh tortellini or 4 servings of dry tortellini  
10 oz fresh spinach leaves  
Salt and pepper, to taste  
Parmesan, to taste, and also to serve with the hot soup as a garnish, or dairy-free cheese

### Directions:

- 1) Heat olive oil over medium high heat
- 2) Sauté the onion and garlic, stirring often until onions are translucent, about 5-7 minutes
- 3) Add broth and tomatoes
- 4) Use immersion blender, or remove from heat and use a regular blender, to blend the vegetables (hide veggies from kids if won't eat)
- 5) Once blended, bring soup to a boil
- 6) Add the tortellini and cook according to package instructions
- 7) When tortellini is almost done, add the spinach to wilt it
- 8) Add salt and pepper, to taste
- 9) Add a bit of parmesan, to taste
- 10) Garnish with parmesan cheese and enjoy!

Serve with bread, such a ciabatta or French bread and salad.

### Notes:

Can add a protein, like leftover rotisserie chicken, when soup is ready  
When reheating the next day, may need to add extra broth  
Can make this vegetarian by using vegetable broth  
Can use other seasonings of your choice  
Can make with gluten free pasta, instead of tortellini  
If can't eat onions can use green parts of scallions - but take out before purée  
If following Kosher guidelines, use vegetable stock or replace cheese with dairy-free cheese

## **MUSHROOM – BARLEY SOUP from Ron King**

Makes 6+ quarts

1 package (16 oz) raw, pearl barley  
10 cups water  
2-3 Tbsp olive oil  
3 large onions (Spanish) – diced  
8 cloves garlic – minced  
1 1/4 - 1 1/2 lb mushrooms (cremini)  
1 1/2 - 2 tsp salt  
64 oz chicken or veg stock (reduced sodium)  
9 Tbsp tamari  
1/2 tsp fresh black pepper

Combine barley & water (6+ quart pot), bring to boil & simmer 20 minutes till tender.

In large skillet, heat oil on low-med heat, add onions & garlic. Cook till tender – about 15 minutes. Add mushrooms & salt and sauté about 10 minutes.

Add onion/mushroom mixture (including any liquids) to barley pot.

Add chicken/veg stock, tamari & pepper and simmer 20-25 minutes at lowest possible heat.

Serve.

## **Mushroom and Barley Soup from Janice Hoff**

2 beef soup bones (marrow bones) or turkey carcass/giblets  
2 stalks of celery  
4 large carrots  
Handful of parsley  
3/4 to 1 cup of barley  
Mushrooms (1 pkg, sliced)  
Salt, pepper, and paprika to taste

Put bones in large pot and add cold water (about 3/4 full or a few inches from the top). Bring to a boil and skim off foam until as clear as possible.

Add celery, carrots (peel and cut in half), and parsley, about 1 tsp. salt and a sprinkling of pepper and paprika. Cover and simmer for at least an hour or more.

Add barley and sliced mushrooms, cover and cook for at least 2 hours. Stir occasionally. Correct seasonings if seems bland. (I also add more barley if it seems watery. Will thicken after standing and reheating.)

## The Best Vegetarian Matzah Ball Soup Recipe

By Vicky Cohen And Ruth Fox

Appeared in The Nosh 1/4/21

Let's face it: There's just something wonderfully soothing about seeing a steaming bowl of matzah ball soup with its pillowy-plump dumplings swimming in a bath of golden broth.

This healing vegetarian matzah ball soup delivers all the "ah" of its traditional cousin with precisely the right amount of goodness (and good-for-you-ness) thanks to a clever use of shiitake mushrooms, tomato paste, and a pot full of seasonal vegetables. Whether you add our healthy matzah ball soup to your Friday night dinner routine or prepare a large pot for lazy Sunday afternoons for the family, this soup is certain to satisfy the stomach and soul.

When we first considered a vegetarian alternative to chicken soup we knew that we didn't want to use bouillon cubes, powders or vegetable broth. The question was, how could we create a deep, rich taste that would satisfy our family? The first thing we did was caramelize some tomato paste with olive oil in order to enhance the flavors of the tomatoes and oil; then we added fresh shiitake mushrooms tops for their chicken-like texture and rich almost-smoky flavor.

Ingredients

### Serves 6

- 2 Tbsp extra virgin olive oil
- 4 Tbsp tomato paste
- 16 fresh shiitake mushrooms, thoroughly washed, stems and caps, separated and caps sliced
- 1 to 1 1/2 tsp salt (adjust to taste)
- 1/2 tsp turmeric
- 1/4 tsp black pepper
- 3 medium carrots, cut into chunks
- 1 large parsnip, cut into chunks
- 1 yellow onion, unpeeled, quartered
- 1 red onion, unpeeled, quartered
- 3 celery stalks, cut into chunks
- 1 head of garlic, unpeeled, cut in half width wise
- 1 bunch of fresh dill
- 1 bunch of parsley

Directions

Heat the olive oil in a large soup pot.

Add the tomato paste and cook for 2 minutes over medium high heat, stirring constantly. Add the sliced shiitake mushroom caps, stir well and cook for another minute.

Add 10 cups water, salt, turmeric and pepper (don't add all the salt at once here, you can adjust to taste later).

Place the shiitake stems, carrots, parsnip, onions, celery, garlic, dill, and parsley in a cheese cloth. Tie it well with kitchen twine and place it in the soup pot. Bring to a boil and let it cook for 5 minutes.

Cover, reduce heat to medium low and simmer for an hour. The broth should be ready and should be flavorful. If it's not, cook another 15-20 minutes.

Remove cheesecloth from the soup and place it in a colander with a bowl underneath. Squeeze as much liquid as you can from the cheesecloth and pour it into the soup pot (the liquid will be hot, so use a wooden spoon or another utensil). Discard vegetables.

While soup cooks, prepare the matzah balls following the package instructions. Cook in the broth with the pot covered about 20 minutes.

Consider this: What Kind of Matzah Balls?

Floaters, Sinkers, Gluten-free, Matzah Balls with baking powder, without leavening.

### **Beth's Gluten-Free Matzah Balls Modified from Yehuda's recipe**

Makes 12 matzah balls

3 eggs  
¼ cup olive oil  
2 tbs water  
2 tablespoons chopped fresh parsley  
1-2 teaspoons salt  
Pinch white or black pepper  
Pinch ground cinnamon  
1 cup Yehuda gf matzah meal (wheat-based matzah meal is okay, too)  
½ teaspoon baking powder  
2 ½ tablespoons potato starch  
¼ teaspoon xanthan gum, optional

Combine eggs, olive oil, water, parsley, salt, pepper and cinnamon. Beat well with a fork. In a separate bowl, combine matzah meal, baking powder, potato starch and xanthan gum, if used. Mix well and add to egg mixture.

Refrigerate 8 hours or overnight.

Heat a pot of lightly salted water to boiling or heat chicken broth. Wet hands and scoop up walnut size pieces. Drop into water. Cover and reduce heat to low. No peeking! Simmer 35-40 minutes. Remove with a slotted spoon and transfer to bowls of soup.

Cooked matzah balls can be stored in the refrigerator overnight.

## **SUMMER BORSCHT (red or golden yellow) \* From Ron King**

Good story about this find (Polish deli in Montreal). Tastes great and yellow beet version, that I make all the time now, doesn't look like borscht.

8-10 fresh beets \* – tops removed  
32oz chicken or veg stock  
1 pt sour cream (light is good)  
12oz plain yogurt or Greek or combo  
¼ or less cup sugar  
½ lemon – squeezed  
2 tsp white vinegar  
1 tblsp kosher salt  
1 ½ tsp fresh black pepper  
1 med/lrg English cuke – diced  
2 scallions – chopped fine  
2 tblsp fresh dill – chopped

- Cook washed beets in large pot of boiling water, uncovered, for 30-40 minutes. Beet liquid will reduce, but you need to end up with 2 ½ - 3 cups.
- Strain beet juice & put aside 2 ½ - 3 cups (let cool).
- Mix, in a large bowl, beet juice, chicken stock, sour cream, yogurt, sugar, lemon juice, vinegar, salt & pepper.
- Peel and dice beets – let beets cool before peeling
- Add beets, cucumber, scallions, and dill to mixture
- Refrigerate overnight. Serve cold.

\* preference – yellow beets ( a tad sweeter and non-staining like red are)

## **Nancy Jainchill's Butternut Squash and Garlic Soup**

1 large or 2 small butternut squash (about 4 lb) cut into small chunks; or buy a pkg of  
Pre-cut squash  
20 cloves of garlic  
4 Tbs. olive oil  
1/4 cup of water  
2 leeks finely chopped, include tender green parts.  
2 boxes of vegetable broth  
1 pkg. frozen riced cauliflower (12 oz.)  
salt and pepper to taste  
2 Tbs. parsley or chives finely chopped

### **Directions:**

\*Preheat oven to 350 degrees.

\*Place squash, and garlic in an oven proof casserole. Toss with 2 Tbs of oil. Add the water and roast until soft, about 40 to 50 minutes. Let cool.\*

\*In a large soup pot, sauté the leeks in the remaining oil about 10 to 15 minutes.

\*Add the squash, garlic and 1 box of broth. Purée with an immersion blender until smooth. (Or put in a blender in small batches.) \*Add the 2nd box of broth, and the riced cauliflower.

\*Add salt and pepper to taste. Simmer.

\*Garnish with parsley or chives in individual bowls.

\*The squash and garlic can be roasted a day earlier and refrigerated.

## **Ribollita from Barbara Steinberg**

Here is my "recipe" for Ribollita like most of my cooking, it is not exact, but it is a great starting point.

I know this is a "bread" soup. It is just delicious without the bread and for health reasons I don't always use it. I top with grated Parmesan.

2 lbs white beans (my edits = 2 cans)  
2 lbs black kales (1 bunch)  
1 quart mirepoix  
2 boxes chicken stock  
1-2 cups white wine  
1/4 cup rosemary (I usually 1/2 this)  
1/4 cup garlic (1/2 this)  
1 bunch leeks (2-3)  
1/4 lb turkey bacon or prosciutto  
1 can plum tomatoes  
1 lb bread (I don't always use bread)

I made a smaller pot than the recipe called for so included my modifications

I am not sure where I originally got this. There were also no directions but there are recipes on line than can guide you. The NYT recipe by Mark Bitman is also terrific.

To make this kosher-style we've inserted "turkey bacon" as a choice. It's easy to make this gluten free by using Kitchen Basics, Swanson, College Inn or another g-f brand of chicken stock.

## MARY BLAKE'S SAILING SOUP

From Susan Pearlman

**Easy to make on a boat (assuming it has a galley) but can be made anywhere, even if you are not sailing!**

1 c. lentils  
3 32 oz cans veg broth  
1 tsp. salt  
¼ cup olive oil  
2 c. chopped onions  
3 cloves garlic chopped  
½ c. bulgur wheat  
½ c. shredded carrots  
¼ t. cayenne pepper  
2 bay leaves  
¼ cup parsley  
2 c. chopped tomatoes  
¼ c. tomato paste  
Pinch rosemary  
2 c. chopped spinach, swiss chard or kale

Rinse lentils and bring boil in stock, simmer 40 minutes

In olive oil, sauté onions until clear, add garlic, and bulgur, cook until bulgur is slightly brown, add carrots, cayenne, bay leaves, simmer 5 minutes, add parsley, tomatoes, paste, and rosemary and simmer, then add spinach, swiss chard or kale. Simmer another 20 minutes. Can serve with parmesan cheese

*You can add chili powder or hot sauce to spice it up, if you want.*

Taste of Home's

## **Curried Parsnip Soup**

From Susan Pearlman

"My mum used to make this recipe at home in England, where parsnips are more widely used than here. It's very aromatic and has a nice bite from the curry and pepper." Julie Mathieson – Bristol, Tennessee

TOTAL TIME: Prep: 15 min. Cook: 35 min.

YIELD: 6 servings.

### Ingredients

1 large onion, chopped  
1 large carrot, chopped  
1 tablespoon butter  
1 pound parsnips, peeled and chopped  
2 cans (14-1/2 ounces each) reduced-sodium chicken broth  
1 teaspoon curry powder  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 cup fat-free milk

### Directions

1. In a large saucepan, sauté onion and carrot in butter until onion is tender. Add parsnips; cook 2 minutes longer. Stir in broth and seasonings. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until parsnips are tender.
2. Cool slightly. In a blender, process soup in batches until smooth. Return all to the pan; stir in milk and heat through.

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## Chicken Tortilla Soup from Blanche Meslin

<https://www.blueapron.com/recipes/white-chicken-chili-with-rainbow-chard-avocado-tortilla-strips>

2 boneless, skinless chicken breasts	1 lime
4-6 corn tortillas	1 red onion
1 ½ cups cannellini beans	1 bunch cilantro
1 avocado	2 Tbsps Mexican soup spice blend* (or try Penzeys Arizona Dreaming or Frontier's Mexican Fiesta).
½ bunch rainbow chard	

\*Mexican spice blend:

8 Parts All-Purpose Flour	4 Parts Smoked Sweet Paprika
4 Parts Garlic Powder	4 Parts Chipotle Chili Powder
4 Parts Ground Coriander	1 Part Ground Cinnamon
4 Parts Ancho Chili Powder	1 Part Ground Coffee
4 Parts Mexican Oregano	1 Part Ground Cumin

1. Preheat the oven to 450°F. Wash and dry the fresh produce. Stack the tortillas; cut in half, then into ½-inch-wide strips. Peel and small dice the onion. Separate the chard leaves from the stems; thinly slice the stems and roughly chop the leaves. Drain and rinse the beans. Zest the lime, avoiding the white pith. (If using a peeler, remove the green rind of the lime & mince the rind to get 2 teaspoons of zest.) Quarter the lime. Pit, peel and medium dice the avocado; toss with the juice of 1 lime wedge to prevent browning. Thinly slice the cilantro leaves and stems.
2. Pat the chicken dry with paper towels; season on both sides with salt, pepper and ¼ of the spice blend. In a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot. [Add the seasoned chicken and cook 3 to 4 minutes per side, or until browned and cooked through.](#) Transfer to a plate or cutting board to cool slightly, leaving any browned bits (or fond) in the pan. When cool enough to handle, using 2 forks, shred the cooked chicken into bite-sized pieces.
3. While the chicken cooks, place the **tortilla strips** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single layer and bake 10 to 12 minutes, or until golden brown and crispy. Watch them carefully, they can burn fast. Remove from the oven; transfer to a paper towel-lined plate. Immediately season with salt.
4. While the tortilla strips bake, add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **onion** and **chard stems**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
5. Add the **remaining spice blend** to the pan. Cook, stirring frequently, 1 to 2 minutes, or until toasted and fragrant. Add the **chard leaves, beans** and **3 cups of water**; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium. Simmer, stirring occasionally, 4 to 6 minutes, or until slightly thickened. Stir in

the **shredded chicken**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until heated through. Turn off the heat. Stir in the **lime zest** and **the juice of the remaining lime wedges**; season with salt and pepper to taste.

6. Divide the **finished soup** between 2 bowls. Top with the **avocado** and **baked tortilla strips**. Garnish with the **cilantro**. Enjoy!

### **Beth's Easy Lentil Soup**

2 tablespoons olive oil

Mirepoix

- 1 medium onion, peeled and chopped
- 2 medium carrots, peeled and chopped
- 2 stalks celery, chopped

1-2 cloves garlic, chopped or crushed

1 cup green or brown lentils, rinsed

6 cups chicken or vegetable stock

Bay leaf

2 cups baby spinach leaves

1-2 tablespoons lemon juice

3 tablespoons tomato paste

In a large saucepan, heat olive oil. Sauté onion until slightly brown edges. Add carrot, celery, and garlic. Sauté 2 minutes. Add lentils, stock and bay leaf. Simmer, covered 25 minutes. Check for doneness.

Add spinach and lemon juice and cook 2 more minutes.

Serve. Makes 6 steamy bowls of soup!

Variation: Add 1 can petit tomatoes, drained

## Notes from event:

### Tips and Substitutions:

- Add cinnamon to matzah balls
  - Pinch of turmeric to veggie broth, to give a chicken broth look
  - Add diced sweet potato to mirapoix in chicken soup
  - Add a wedge of cabbage and garlic to chicken soup
  - Add kohlrabi to chicken soup
  - Add instant potato flakes to thicken soups
  - Add leeks for a hint of sweetness, but keep the onions!
  - Use an immersion blender to hide veggies in a broth soup
  - Penzey sells all types of spice blends (try the Arizona blend!)
  - Add broth when reheating a thick soup (specifically the tortellini)
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- Tried the Borscht at Stash Polish cafe in Montreal!
  - For a gluten free barley substitution, try brown rice
  - Omit the bacon/prosciutto in ribollita, for a vegetarian option
  - Use oatmilk as a sub for cream, if dairy free, and Earth's Balance in place of butter

### Ideas for saving recipes:

- Use Google Drive
- Create a family cookbook
- Paprika app/website
- Pinterest

### Recipes Mentioned:

- [Ina Garten's Ribollita](#)
- [Skinnytaste Beef and Barley Soup](#) (sub brown rice for gluten free)