



SOUP, SALAD and SOUL in the SUKKAH COOKBOOK

Fall 2021/5782
Temple Etz Chaim Sisterhood
Franklin, Massachusetts

8 CAN SOUP



INGREDIENTS

- 16 oz can chili with beans
- 15 oz can sliced potatoes
- 15 oz can mixed vegetables
- 14 oz can diced tomatoes
- 15 oz can green beans
- 15 oz can whole kernel corn
- 1 can vegetarian soup
- 1 can tomato soup

DIRECTIONS

1. Do not drain
2. Combine all cans
3. Heat on stove or crockpot
4. Enjoy!

Submitted by Audrey Venooker

CREAM OF TOMATO SOUP



INGREDIENTS

- 28 oz. can of low-sodium chopped tomatoes, including juice
- 7 cups vegetable stock or vegetable broth
- 1 cup rolled oats
- 1 cup carrots, peeled and diced
- $\frac{3}{4}$ cup celery, diced
- 2 tsps. Tabasco Sauce (optional)
- 1 tsp. dried basil
- 1 tsp. dried oregano
- $\frac{3}{4}$ tsp. sea salt
- $\frac{1}{2}$ tsp. ground black pepper (optional)
- Fat-free oyster crackers for garnish (optional)

DIRECTIONS

1. Place all ingredients except oyster crackers in a large soup pot over medium/high heat.
2. Bring to a boil and turn down to simmer.
3. Cook about 25-35 minutes, stirring occasionally, until the vegetables have softened, If the mixture begins to stick to the bottom, change pots to avoid burning the soup.
4. Remove from heat and allow to cool slightly.
5. Puree in a blender or food processor in several batches, then return to a clean pot.
6. Warm over low heat until just simmering.

Yield:

12 servings (3 quarts)

Submitted by Susan Hirshfield

MUSHROOM BARLEY SOUP



INGREDIENTS

- ¼ cup of butter (1/2 stick)
- 1 lb. mushrooms
- 2 large carrots – chopped
- 2 large celery stalks – chopped
- 1 onion – chopped
- ½ cup pearl barley, rinsed
- 2 Tbsp. Flour
- 8 cups vegetable broth
- ¼ cup fresh parsley
- 1 Tbsp. chopped fresh dill or 1 tsp. dried dill (garnish for top)

DIRECTIONS

1. Melt the butter in a heavy, large pot over medium/high heat.
2. Add mushrooms, carrots, celery, onion and barley to the pot and sauté until vegetables begin to brown (approx. 20 min.).
3. Add flour to the pot and stir for 5 minutes.
4. Gradually mix in broth.
5. Bring to a boil, stirring frequently.
6. Reduce heat and simmer on medium heat until barley is tender and soup is beginning to thicken (approx. 40 min.).
7. Mix in parsley and dill.

Submitted by Cindy Heilweil

HEARTY BEEF & BARLEY SOUP

Serves 6



INGREDIENTS

- 1 ½ lbs. beef chuck in 1" cubes
- ½ tsp. black pepper
- 1 ½ tsp. salt
- 2 tsp. vegetable oil
- 1 ¼ cups chopped onion
- 1 to 3 ribs of celery sliced
- 3 cloves garlic chopped
- 1 ½ Tbsp. tomato paste
- ¾ cup red wine
- 8 cups low sodium beef (or vegetable) broth
- 1 ½ cups water
- 2 dried bay leaves
- 1 Tbsp. fresh thyme leaves or ½ tsp. dried
- 1 ½ tsp. sugar
- ¾ - 1 cup pearled barley
- 3 large carrots diced
- ¼ cup chopped fresh parsley for garnish
- 8 oz. canned mushrooms (optional)

DIRECTIONS

1. Season beef with pepper and 1 tsp. salt.
2. In Dutch oven or large soup pot, heat 1 Tbsp. of oil.
3. Add ½ of beef and sear until well browned, about 5 minutes.
4. Transfer to a plate.
5. Reduce heat to medium/low.
6. Add onions, celery and garlic, cook stirring frequently and scraping brown bits off bottom of the pot until soft, about 5 minutes, do not brown.
7. Stir in tomato paste, add browned beef (and any accumulated juice), wine broth, water, bay leaves, thyme, sugar and remaining ½ tsp. of salt.
8. Bring to a boil, reduce heat to low, cover and simmer for 2 hours.
9. Remove bay leaves, add carrots and barley (mushrooms if using).
10. Simmer covered about 1 hour more.
11. Adjust seasoning if necessary.
12. If soup is too thick, add water.

Submitted by Barb Libman

LENTIL SOUP



INGREDIENTS

- 2 Tbsp. olive oil
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 carrot, chopped
- 2 ribs of celery, chopped
- 2 cups dry lentils (rinse and picked over)
- 14 oz. crushed tomatoes
- 6 cups stock
- ½ tsp. cumin
- ½ tsp. coriander
- 1 ½ tsp. paprika
- 2 bay leaves
- 1 lemon (zest and juice)
- ¼ tsp. salt and pepper

DIRECTIONS

1. Heat oil.
2. Cook onion and garlic for 2 minutes.
3. Add celery and carrots, continue cooking for 7-10 minutes.
4. Add all remaining ingredients except lemon, salt and pepper.
5. Increase heat, remove scum, then decrease heat.
6. Put on lid and decrease heat to simmer and cook for 35-40 minutes.
7. Remove bay leaves, season with salt and pepper.
8. Season with lemon juice and zest prior to serving.

Submitted by Barb Libman

KING'S ARM TAVERN CREAM OF PEANUT SOUP

(from Williamsburg, VA)



INGREDIENTS

- 1 medium onion, chopped
- 2 ribs of celery, chopped
- ¼ cup butter
- 3 Tbsp. flour
- 2 quarts chicken stock
- 2 cups smooth peanut butter
- 1 ¾ cups light cream
- Peanuts, chopped

DIRECTIONS

1. Sauté onions and celery in butter until soft but not brown.
2. Stir in flour until well blended.
3. Add chicken stock, stirring constantly, and bring to a boil.
4. Remove from heat and puree in a food processor or blender.
5. Add peanut butter and cream, stirring to blend thoroughly.
6. Return to low heat, but do not boil, and serve, garnish with peanuts.

Note: This soup is also good served cold.

Submitted by Caren Pfeiffer

LOADED BAKED POTATO SOUP

Serves 6-8



INGREDIENTS

- 2 Tbsp. oil
- 1 onion, minced
- 2 garlic cloves, minced
- 1 ½ tsp. minced fresh thyme or ½ tsp. dried
- 2 Tbsp. all-purpose flour
- 4 cups low-sodium chicken broth
- 3 pounds russet potatoes (about 6 medium), peeled and cut into ½ inch pieces
- 2 cups shredded cheddar cheese (about 8 ounces), plus extra for serving
- ½ cups heavy cream
- 3 scallions, sliced thin

DIRECTIONS

1. Heat oil in skillet.
2. Add onion, garlic, and thyme to skillet and cook over medium-high heat until onion is softened and lightly browned 8 to 10 minutes.
3. Stir in flour and cook for 1 minute.
4. Slowly whisk in 1 cup broth, scraping up any browned bits; transfer to slow cooker.
5. Stir remaining 3 cups broth and potatoes into slow cooker.
6. Cover and cook until potatoes are tender, 4 to 6 hours on low.
7. Transfer 2 cups cooked potatoes to bowl and mash smooth with potato masher.
8. Stir cheddar into soup until evenly melted; then stir in mashed potatoes and cream.
9. Let soup sit until heated through, about 5 minutes.
10. Season soup with salt and pepper to taste and serve with scallions and additional cheddar.

Submitted by Rosie Buja

LENTILS MONASTERY STYLE



INGREDIENTS

- ¼ cup olive oil
- 2 large onions, chopped
- 1 carrot, chopped
- ½ tsp. dried thyme
- ½ tsp. dried marjoram
- 3 cups beef, chicken or vegetable stock
- 1 cup dried lentils, washed and sorted
- Salt
- ¼ cup chopped fresh parsley (optional)
- 1 lb. canned tomatoes
- ¼ cup dry sherry
- Cheddar cheese or swiss cheese to top

DIRECTIONS

1. In a large pot, sauté the carrot and onions 3-5 minutes in the olive oil.
2. Add thyme and marjoram and sauté 1 more minute.
3. Add the stock, lentils, salt, parsley and tomatoes.
4. Bring to boil, then cover and reduce heat.
5. Let cook until lentils are tender (about 35-45 minutes).
6. Add the sherry and allow to cook for just a few more minutes.
7. Top with cheese and serve.

Submitted by Kelly Kiel

HOT AND SOUR SOUP ala PAM

This is a compilation of about 5 different recipes and is the closest to what I learned in my Chinese Cooking Class (if only I could find that recipe!)



INGREDIENTS

- ½ cup dried black mushrooms
- 4 oz. dried wood ear (Black Fungus)
- 4 oz. dried lily flower (Golden Needles)
- 2 Tbsp. vegetable oil
- ½ pound pork, julienne 2-inch pcs. (replace with chicken thighs if keeping kosher)
- 8+ cups chicken stock
- 1 (8 oz) can bamboo shoots (drained)
- 1 large chunk Szechuan mustard greens, julienne 2-inch pcs. (don't use whole can-very strong)
- ¼ cup soy sauce (mushroom soy)
- ¼ cup white vinegar
- ¼ cup cornstarch PLUS ½ cup water stirred into smooth paste
- 1 (12 oz.) bar silken tofu, cubed into ½ inch pieces
- 2 eggs lightly beaten
- To taste, red pepper flakes
- Pinch white ground pepper
- 1-2 Tbsp. Sesame Oil (to taste)
- 2 whole scallions, chopped into ¼ inch pieces
- Pinch of sugar

DIRECTIONS

1. Soak both types of mushrooms and Golden Needles in hot water until re-hydrated. Drain and julienne mushrooms 2-inch pcs., removing tough stems on mushrooms and hard ends on golden needles.
2. Cut Golden Needles in half if they are too long.
3. In large soup pot, heat vegetable oil and sear pork (or chicken) quickly. Set aside.
4. Bring chicken stock to a boil. Add bamboo, sugar, mustard greens, soy sauce and vinegar to a gentle bubble.
5. Gently add tofu.
6. Stream in eggs through with a fork to make egg feather while stock is bubbling gently.
7. Add pepper flakes and white pepper.
8. Taste and season to taste, adding more of whatever you think is missing,
9. Add sesame oil, stir and taste again.

THE FUGAL GOURMET'S ITALIAN BARLEY SOUP



INGREDIENTS

- 1 ½ quarts beef stock
- 2 cups water
- ¾ cups barley
- 1 cup celery, chopped
- 1 cup, carrot, chopped/grated
- 1 cup yellow onion, peeled and chopped
- 4 cloves garlic, crushed
- ½ cup red wine
- 1 piece lemon peel, 1" x ½"
- Salt and pepper to taste
- ½ Tbsp. basil
- ¼ Tbsp. oregano
- ½ cup parsley
- 2 bay leaves
- ½ Tbsp. rosemary
- 2 tomatoes, chopped
- 4 Tbsp, tomato paste
- Fresh grated Parmesan or Romano cheese

DIRECTIONS

1. Bring stock and water to a rolling boil. Add barley and turn down to a low simmer.
2. Add celery, carrots, onion, garlic, and red wine, lemon peel, pepper and salt and simmer for 2 hours. Stir often or the barley will stick and burn.
3. At the end of 2 hours add the herbs, chopped tomato and tomato paste, and continue cooking for 1 more hour. Leave the lid on for the entire time except when stirring. The soup can be adjusted with water or stock of necessary. Correct for salt and pepper before serving.
4. Ladle into serving bowls and garnish with parsley and grated cheese.

Submitted by Connie Shulman

BLACK BEAN SALAD WITH AVOCADO-LIME DRESSING



INGREDIENTS

- 1 ripe avocado, mashed
- 1/4 cup chopped cilantro
- 2 tablespoons lime juice
- 2 (15 ounce) cans no-salt-added black beans, rinsed and drained
- 4 cups shredded romaine lettuce
- 1 cup grape tomatoes, halved
- 1 cup corn kernels, fresh or thawed if frozen
- 1 small red bell pepper, chopped
- 1/2 cup toasted pumpkin seeds

DIRECTIONS

1. In a large bowl, whisk together avocado, cilantro and lime juice until blended.
2. Add beans, lettuce, tomatoes, corn, pepper, pumpkin seeds and toss until evenly coated.

Submitted by Margot Rivelis

RICE PILAF



INGREDIENTS

- ¼ - ½ cup Orzo (You can use thin spaghetti pasta and break into 1" pieces or any small pasta)
- 1 – 2 Tbsp. butter
- 1 cup rice
- 2+ cups liquid (chicken or vegetable broth/bouillon, water or any combo of these. I often make it with a can of low salt and low-fat chicken broth and water.)

DIRECTIONS

1. Melt the butter (add a drop or two of oil to keep the butter from burning).
2. Add the orzo/pasta to brown in the butter.
3. Stir to brown the orzo as it cooks in the butter.
4. Then add the liquid to the pan being careful that the liquid doesn't splatter when hitting the hot pan.
5. Add the rice to the pan with the orzo and liquid.
6. Stir
7. Cook for 20+ minutes on low/medium heat.
8. Cover as it's cooking.
9. Check to see if you need to add more liquid/water depending on the rice.
10. Test the rice to see that it is done.
11. Enjoy either hot or cold.

When I double the recipe, I end up using a large cooking pot. The recipe is easily able to be doubled or tripled. I increase the amount of ingredients by 3x because this is great hot or cold. My family loves it.

Submitted by Karen Dauer

QUINOA WITH ROASTED VEGETABLES SALAD



INGREDIENTS

- 1 cup quinoa
- 2 cups water
- Small eggplant
- Zucchini
- Yellow squash
- Grape tomatoes
- Carrots (either baby or sliced into coins)
- Sweet potato
- Red or Vidalia onion
- Mushrooms
- Red, yellow, orange or green pepper

DRESSING

- 2 Tbsp. olive oil
- Juice of 1 lemon
- 2 cloves of minced garlic
- 2 Tbsp. chopped fresh basil
- 2 Tbsp. fresh mint

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Place vegetables of choice on foil lined baking sheet (two if needed to not crowd) sprayed with PAM.
3. Drizzle with olive oil and season with salt and pepper.
4. Roast for 20-30 minutes.
5. Prepare, rinse and drained quinoa.
6. Combine cooked quinoa and roasted vegetables.
7. Stir in dressing.
8. Can be eaten warm (sprinkled with goat cheese) or cold.

Submitted by Barb Libman

FARRO, ARUGULA, AND SWEET POTATO SALAD



INGREDIENTS

- 1 cup farro
- 2 large or 3 smaller sweet potatoes, cut into ½ inch cubes
- 1 small log of goat cheese
- 1 bag arugula
- ½ cup pumpkin seeds (aka pepitas)
- Olive oil
- Red wine vinegar
- Salt and pepper

DIRECTIONS

1. Preheat oven to 450 degrees,
2. Cook the farro according to the package directions, drain and allow to cool.
3. Toss the sweet potatoes with 2 Tbsp. of olive oil.
4. To the sweet potatoes, add salt and pepper to taste.
5. Spread sweet potatoes on a baking sheet and roast in the oven for about 20-30 minutes, until cooked through.
6. Remove from the oven and allow to cool.
7. Make a vinaigrette with 1 Tbsp. vinegar, 3 Tbsp. olive oil, salt and pepper.
8. Toss the farro, sweet potatoes, arugula, goat cheese, and pumpkin seeds with the vinaigrette.
9. Taste and add more salt and pepper if needed.

Submitted by Jo Dickinson

WEEQUAHIC SALAD

(From the Weequahic Diner, Newark, NJ)



INGREDIENTS

- 3 cups cabbage
- 2 cucumbers, sliced thin
- 2 carrots, sliced thin
- 1 green pepper, diced
- 1 large onion, diced

DRESSING

- 3 Tbsp. sugar
- 3 Tbsp. oil
- 3 Tbsp. white vinegar
- 1 Tbsp. salt

Prepare a day in advance

Submitted by Caren Pfeffer

WILD RICE, APRICOT AND ALMOND SALAD

*This recipe makes 8-12 very generous servings
(It can really serve about 16 people)*



INGREDIENTS

- 6 (14 ½ oz) cans of low-salt chicken or vegetable broth
- 2 cups wild rice (about 12 oz) or a mixture of wild rice, long grain and brown rice
- 1 cup dried apricots (about 6 oz), chopped
- ½ cup dried currants
- 1 cup blanched, slivered almonds, toasted
- 2/3 cup chopped red onion
- ½ cup chopped fresh parsley
- 6 Tbsp. tarragon vinegar
- 4 tsp. Dijon mustard
- 2 garlic cloves, minced
- 1 cup olive oil

DIRECTIONS

1. Bring chicken broth to boil in a heavy, large saucepan.
2. Mix in wild rice.
3. Reduce heat to medium-low. Simmer uncovered until rice is tender, stirring occasionally, about 50 minutes.
4. Drain rice well.
5. Transfer rice to a bowl large enough to mix in the other ingredients.
6. Mix dried apricots and currants into the rice mixture and allow to cool completely.
7. Mix toasted almonds, red onion and parsley into the cooled rice mixture.
8. Whisk tarragon vinegar, Dijon mustard and garlic in a small bowl or jar and whisk in the olive oil to make the dressing.
9. Mix enough dressing into the salad and season to taste with salt and pepper.
10. Cover and refrigerate at this point. Salad can be made ahead (8 hours – overnight). Salad is best served at room temperature. Add more dressing before serving.

WILD RICE, APRICOT AND ALMOND SALAD ALTERNATIVES

Alternate version:

Use ½ c. dried cherries or cranberries soaked in ½ c. red wine for 2-3 hours in place of the dried apricots. Use ¼ c. chopped scallions and ½ c. chopped walnuts instead of the red onion and almonds.

Another Alternate version:

Cook 1 c. (about 6 oz.) wild rice according to package directions (4 c. water, 1 tsp. salt). Mix together: ½ c. chopped dried figs, 1/3 c. chopped toasted pecans, 1/3 c. chopped toasted cashews, ¼ c. finely chopped green onion tops, 2 tbsp. finely chopped celery, 2 tbsp. finely chopped red onion. Add mixture to cooled rice. For dressing: 2 tbsp. raspberry or red wine vinegar, 1 tbsp. fresh lemon juice, 1 clove minced garlic, 1 tsp. Dijon mustard, 1 tsp. sugar. Mix these ingredients in a blender. With blender running, add ¼ c. olive oil and ¼ c. vegetable oil.

Submitted by Mary Ann Oppenheimer

TANGLING WITH CONNIE SHULMAN
To relax our soul



Thank you everyone who submitted recipes and happy cooking.

Disclaimer: These photos might not depict what the dish actually looks like. I did my best as the editor to find pictures to show approximately what the recipe is.

Editor: Margot Rivelis