



MISSOURI TORAH INSTITUTE
- ישיבה ומתיבתא ד'מזורי -

Unlocking Memories One Recipe at a Time

Pulling out a treasured recipe can be a powerful trigger, unlocking memories of love, warmth, and togetherness. The aromas and flavors within these pages have the ability to transport you to a different time and place, recalling memories of family gatherings, holiday celebrations, and everyday moments shared with loved ones.

A Gift for Culinary Creatives of All Levels

You don't have to be a professional chef to enjoy the joy of cooking. We invite you to explore our collection of soup recipes, carefully curated to help you preserve cherished traditions and start new ones.

Share in the Joy of Cooking This Chanukah Season

We're delighted to share these recipes with you, to enjoy over the Chanukah break or anytime you'd like. Happy cooking!

Bobbi's Split Pea Soup

Layah Goldish

Ingredients:

1½ c. split peas

½ c. barley

6 c. water

2 ½ tsp. salt

3 carrots

2 celery

1 sweet potato

1 onion

Parsnip, zucchini

optional

Chicken *optional*

Method:

1. Rinse split peas to remove the starch.
2. Add all ingredients.
3. Bring soup to a boil, cook covered for at least 2 hours.

Be sure to stir frequently at the end so the soup doesn't stick to the bottom of the pot.

Mushroom Barley Soup

Toby Goldman

Ingredients:

1 large onion, diced
5 carrots, cut into thin rounds
4 stalks celery, cut into small pieces
minced garlic
1 c. barley
10 c. water (or more)
1 lb fresh mushroom, (preferably baby bella but white is also good) washed and sliced
onion powder
black pepper
garlic powder
1 Tbsp salt
1 large unpeeled zucchini - cut into small pieces

Method:

1. Saute onions.
2. Add carrots and celery and continue to saute.
3. Add minced garlic and saute for 1 minute, stirring a few times during that minute.
4. Add barley, water, mushrooms and spices.
5. Bring to a boil and then cook on low heat for about 1.5-2 hours.
6. Add the zucchini in the last half hour.

Ingredients:

1 lb dried lentils, checked, rinsed, and drained
1/4 c. olive oil
3 large onions, diced
2 leeks, sliced, white and light green parts only
3 garlic cloves, minced
1 Tbsp kosher salt
1-1/2 tsp ground pepper
8 celery stalks, diced
4-6 carrots, sliced
1/4 c. tomato paste
2 Tbsp red wine or red wine vinegar
3 quarts (12 c.s) chicken broth

Method:

1. Put lentils in a bowl and cover with boiling water - let it sit for 15 minutes and then drain.
2. Heat olive oil in a big pot on medium - add onions, leeks, and garlic - saute till tender, about 20 minutes. Add salt and pepper.
3. Add celery and carrots, saute another 10 minutes. Add lentils, tomato paste, and red wine / vinegar. Add chicken broth.
4. Bring to a boil and then lower the heat and simmer uncovered for about 20 minutes, until the lentils are cooked through. Stir every so often.

We make this soup almost every year for Parshas Toldos to remember the story of Yaakov and Esav and the lentil soup. It makes around 10 servings and it's delicious.
- Lauren Paris

'Lentil 'Vegetable Soup

Debbie Striks

Ingredients:

- 1 large onion
- 6 carrots
- 4 stalks celery
- 2 medium zucchinis
- 1-2 c.s cubed butternut squash
- 1 1/2 c. lentils
- 1 can diced tomatoes
- 4 cubes frozen chopped cilantro

Method:

1. Sautee onions.
2. Add in all chopped up vegetables, tomatoes and cilantro.
3. Add 3 Tbsps salt or as desired.
4. Cook the soup on a medium simmer for at least three hours - longer is better.

Red Lentil Soup

Gay Lee Freedman

Ingredients:

3 large onions diced
4-5 frozen garlic cubes
2-3 stalks celery diced
1lb carrots diced or
thinly sliced
4 zucchinis diced
¼ c. barley or ½ c.
brown rice
1 c. red lentils
4 Tbsp powdered
chicken broth or 8-12
c.s of liquid chicken
broth
2 Tbsp fresh dill

Method:

1. Saute the onions until soft and dark golden.
2. Add the remaining ingredients and cover with water.
3. Partially cover the soup and cook on low to medium until all vegetables are soft.
4. Season to taste with salt and pepper.

Ingredients:

- 3-4 carrots
- 2-3 stalks celery
- 1 whole onion
- 1 parsnip
- 1 bunch fresh dill
- 2 tsp salt
- 6-8 c. water
- Chicken leg quarter

Method:

1. Peel and wash all veggies.
2. Leave onion whole. Cut celery into one inch pieces and carrots into thirds.
3. Add all ingredients to pot and boil for several hours until the water is a nice golden color or set to soup setting on the instant pot if you have one.

Optional Tip:

After finishing a whole roast chicken, I save and freeze the frame and add that to the soup for extra flavor. You can also add wings/ chicken necks for flavor.

Creamy Quinoa Soup

Submitted by an MTI mother as a favorite recipe from Binah Magazine

Ingredients:

2 Tbsp oil
1 onion, diced
4 cloves garlic, minced
1 (10 oz) container button mushrooms, peeled and sliced
3 carrots, peeled and diced
2 stalks celery, diced
2 c. water
½ c. quinoa, rinsed well
1 (14 oz) can diced tomatoes
1 Tbsp salt
4 shakes black pepper
½ tsp dried parsley
½ tsp basil
½ tsp oregano
¼ tsp thyme
¼ tsp crushed red pepper flakes
4 c.s milk

Method:

1. Heat the oil in a large milchig pot over a medium-low flame.
2. Add the onion and saute for 4-5 minutes.
3. Add the garlic and saute for an additional 3-4 minutes until starting to brown.
4. Add the mushrooms, carrots, and celery and saute for an additional 5-6 minutes, until soft.
5. Add 2 c.s water, quinoa, diced tomatoes, and seasonings. and bring to a boil.
6. Reduce heat to low and simmer for 30-40 minutes.
7. Add the milk and simmer for an additional 20-30 minutes.
8. Adjust seasonings to taste.

Tip: This soup will keep in the fridge for 2-3 days. It will thicken once chilled; add half water/half milk to adjust the consistency.

Ingredients:

4-6 sweet potatoes,
peeled and chunked

Medium butternut
squash peeled, seeded,
chunked

2-3 pounds carrots,
chunked

2-3 onions, diced

Method:

1. Saute the onions until soft and dark golden.
2. Add all of the chunked vegetables and cover with water.
3. Partially cover the soup and cook on a low to medium flame until all the vegetables are soft.
4. Use an immersion blender to smooth.
5. Salt and pepper to taste.

Ingredients:

2 Tbsp oil
3 onions
1/4 c. flour
3 Tbsp onion soup mix
1 Tbsp sugar
6 c.s water
Salt
Pepper

Method:

1. Heat oil.
2. Slice the onions and sautee in oil for 5 min while stirring to keep from burning.
3. Add flour, onion soup mix and sugar to onions and mix.
4. Add 6 cups water.
5. Add salt and pepper to taste.
6. Bring to a boil then simmer for for 45 min.

Thick Vegetable Soup

Food Network – recipe courtesy of Esther Weiner

Ingredients:

1/2 bag yellow dried split peas
1/2 bag green dried split peas
1/2 bag barley
flanken
carrots, diced
onion, minced
3-4 garlic cloves minced or 3-4
frozen cubes
celery, diced
leek, diced
turnip, diced
parsnip, diced
parsley root (if available), diced
zucchini, diced
butternut squash, diced
sweet potato, diced
potato, diced
kohlrabi (if available), diced

Method:

1. Put the raw peas (and barley, if using) into a large pot, cover with water and cook on lowest flame, stirring every so often so peas (and barley) don't burn or stick to bottom of pot, for about 2 hours or until the peas dissolve.
2. Add the vegetables and the bay leaf and cook on a low flame for an additional hour.
3. Spice with salt and pepper.

Variation: You can substitute the barley with brown rice or use whole bag of yellow and whole bag of green dried split peas.

Nanny's 'Vegetable Soup

Rami Rosenzweig

Ingredients:

- 2 pkgs frozen green beans
- 2 pkgs frozen peas and carrots
- 1 pkg dry soup mix
- 1 c. of dry split peas
- 2 beef bones
- 1 Tbsp of salt
- 2 tsp of garlic powder

Method:

1. Put all ingredients in pot and cover with water.
2. Cook for 1 1/2 hours and blend with immersion blender.
3. If it's too thick you can add a little chicken soup.

This is a great soup for the Sukkah!

Vegetable Chickpea Soup

Nechama Norman

Ingredients:

2 Tbsp oil
1 onion, diced
2 celery stalks, diced
3 garlic cloves, chopped
2 zucchinis, diced
1 parsnip, peeled and diced
2 carrots, peeled and diced
2 tomatoes, diced
1 tsp dried basil
5-6 c. water
2 (15 ounce) cans chickpeas, drained
2½ tsp salt
¼ tsp black pepper
1 tsp turmeric

Method:

1. Heat oil in a large pot.
 2. Add onion and celery, and saute until onion is golden.
 3. Add garlic and stir about 30 seconds.
 4. Add remaining ingredients and bring to a boil.
 5. Reduce heat to a simmer and cook, covered, for 40 minutes.
 6. With an immersion blender, try to blend only chickpeas (that are on the bottom) and some tomato pieces.
- Serve with crusty bread for a balanced full meal.