

Carrot, Celery and Bean Soup

Recipe By *Sina Mizrahi*



Cooking and Prep: 
3.5 h

Serves:  10

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Gluten Free,
Low Carb, Vegan, Pescetarian,
Sugar Free

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Growing up in Montreal, the winters felt undesirably endless. The charm of snowflakes coating the ground and painting our city white quickly dissipated when we'd feel the biting chill of the cold air. Thankfully, my mother always had something hot and comforting to serve us. These recipes are inspired by those meals. Enjoy a bowl of this hearty soup when you crave the comfort of a warm winter meal. The beans are slowly cooked and develop rich flavor from the ample vegetables. You can also brown some cubed meat to turn it into a complete meal.

Ingredients (12)

Main ingredients

- 2 tablespoons oil
- 1 large onion, diced
- 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
- 2 cups diced carrots

- 2 cups diced celery
 - 2 cups small dried **white beans**
 - 6 ounces tomato paste
 - 1 tablespoon paprika
 - salt
 - pepper
 - 3-4 cups **Empire Chicken Broth** or other chicken stock (*optional*)
 - 7-8 cups boiling water (less if using chicken stock)
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Start Cooking

For the Soup

1. In a medium-sized pot, heat the oil on medium heat. Add the onions and cook until translucent.
2. Add the garlic, carrots, celery, and beans and stir to coat in oil.
3. Spoon the tomato paste into the mixture and stir until it is evenly coated.
4. Add the paprika, salt, and pepper. Pour in the chicken stock, and add enough boiling water to generously cover the mixture. Bring to a boil and let it cook for 10 to 15 minutes.
5. Cover the pot, reduce the heat to low, and let it simmer until the beans are soft, about two to three hours.

Note:

If you prefer the soup thick, leave the pot partially uncovered while it simmers. If too much water evaporates, you can add boiling water and let the soup cook an additional 10 minutes.