

Golden Soup

Recipe By *Brynie Greisman*



Cooking and Prep:  3 h

Serves:  8

Contains:  

Preference: Parve

Difficulty: Medium

Occasion: Shabbat, Yom

Kippur

Diet: Sugar Free, Salt Free,

Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

Ingredients (18)

Soup

- 1 cup small **white beans**
- 1 large onion, diced
- 2 cups shredded cabbage
- 1 large carrot

- 1 sweet potato
- 1 celery root
- 1 parsnip
- 1 hunk of pumpkin (approximately 350 grams)
- 1 15-ounce (400-gram) can mushrooms, drained
- 1/2 teaspoon garlic powder
- 1 teaspoon dried minced garlic
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper

Matzo Balls

- 4 eggs (4 whites and 2 yolks) or 2 eggs and 1/3 cup **Haddar Egg Whites**
 - 3-4 tablespoons oil
 - 1/2 cup water
 - black pepper, to taste
 - less than 1 cup **Yehuda Matzo Meal**
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Start Cooking

Prepare Soup

1. Put the beans in a five- to- six-quart pot. Fill the pot three-quarters full with water. Cook on a medium-high flame for one a half to two hours.
2. Add all the vegetables except for the mushrooms.
3. To add interest and vary the texture, shred some and cut the rest into small chunks. Bring to a boil.
4. Lower the flame, add seasoning, and boil gently for one hour.
5. Just before the hour is up, add the mushrooms and cook a few more minutes.

Note:

For those on a really restricted sodium diet, you can rinse the mushrooms in a colander before adding them to the soup. Most canned veggies have a lot of salt.

Tip:

The beans could be prepared the day before serving, or in the morning.

Prepare Matzo Balls

1. In a bowl, mix together the eggs, oil, and water. Add black pepper.
2. Add matzo meal until the batter holds together; don't make it too thick or the balls will become too hard.
3. Let the batter sit for one hour either on the counter or in the fridge.
4. Form small balls and drop into the soup.
5. Cook for half an hour.

Credits

Photography: Daniel Lailah.

Styling: Michal Leibowitz.