

Spanish Style Vegetable Soup

Recipe By *Brynie Greisman*



Cooking and Prep:  40
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Serves:  8

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Sukkot

Diet: Vegan, Gluten Free, Low

Fat, No Refined Sugar,

Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

Cuisines: Sephardi

This is a really delicious well-seasoned soup, which can be the centerpiece of a meal. Serve with a good bread and a light salad, and you don't need anything else. It takes about an hour to prepare, which is a real bonus.

Ingredients (17)

Main ingredients

- 1 tablespoon **Bartenura Olive Oil**
- 1 very large onion, chopped
- 3 cloves garlic, crushed

- 1 stalk celery, chopped
 - 1 large sweet potato, shredded or chopped
 - 1 butternut squash, peeled and deseeded, shredded or chopped
 - 1 and 1/2 teaspoons salt
 - 1 and 1/2 teaspoons paprika
 - 3/4 teaspoon turmeric
 - 1/2 teaspoon dried basil or 1 teaspoon fresh basil, minced or 1 cube **Dorot Gardens Frozen Basil**
 - dash cinnamon
 - dash cayenne
 - 1 bay leaf
 - 5 cups water
 - 2 medium ripe tomatoes, peeled, seeded, and blended
 - handful frozen green beans, cut up
 - 20 ounces (560 grams) **Gefen Organic Chickpeas**
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Start Cooking

Prepare Soup

1. Heat the oil in a five-quart pot over a medium flame. Add the onion, garlic, celery, sweet potato, and butternut squash, and sauté for five minutes. Add the salt and sauté five more minutes.
2. Add the paprika, turmeric, basil, cinnamon, cayenne, bay, leaf, and water. Cover the pot and bring just to a boil.
3. Reduce the flame and simmer for about 15 minutes. Add the tomato pulp, green beans, and chickpeas. Cover and simmer for about 10 more minutes, or until all the vegetables are as tender as you like them.
4. Taste and adjust the seasonings.

Note:

I prefer to use Moroccan paprika, which is oil based, but it tastes like the real thing and not just red coloring. Also, if your family prefers carrots or pumpkin instead of the sweet potato and butternut squash, then by all means, use them! The key to pleasing your family is innovation! The same goes for the way the veggies are chopped — if your family prefers a smoother soup, make it that way. I personally like a multitextured soup where some veggies are chopped, some are diced, and some blended. It makes it more interesting and pleasing to the palate.

Credits

Photography: Daniel Lailah

Styling: Michal Leibowitz