

# Hearty Vegetable Soup

Recipe By Rivky Kleiman



Cooking and Prep:  2 h

Serves:  6

Contains: 

**Preference:** Meat

**Difficulty:** Easy

**Diet:** Sugar Free, Low Carb

**Source:** Family Table by  
Mishpacha Magazine

While I was perfecting this recipe, my children waited anxiously to be my testers. I knew that it wouldn't be too difficult to make a hearty vegetable soup be tasty, but I challenged myself to make it as wholesome and healthy as possible without compromising taste. The fact that my children have asked me to make this soup every week since is testimony to the results.

## Ingredients (19)

### Soup Ingredients

- 1/4 cup **Gefen Olive Oil**
- 1 large onion, diced
- 1 leek, diced, bottom trimmed off
- 4 cloves garlic, crushed or 4 cubes **Gefen Frozen Garlic**
- 2 6-inch (15-centimeter) pieces flanken, sliced
- 3 small zucchini, peeled and diced

- 4 carrots, peeled and sliced
  - 1 large sweet potato, peeled and diced
  - 2 small red potatoes, peeled and diced
  - 3 stalks celery, sliced
  - 8 cups water
  - 1/4 cup baby lima beans
  - 1/4 cup barley
  - 1/4 cup fresh parsley and 1/4 cup fresh dill, tied in a Bodek spice bag
  - 1/4 cup **Tio Pepe Light Sherry** or other cooking sherry
  - 3 tablespoons kosher salt (or more, to taste)
  - 3/4–1 teaspoon black pepper
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon onion powder
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## Start Cooking

### Prepare the Soup

1. Pour olive oil into an 8-quart pot and heat over medium-to-high flame. Add onion, garlic, and leek and sauté for 10 minutes.
2. Place flanken slices over the onion, garlic, and leek. Sprinkle with a small amount of salt and pepper. Allow to brown for 7 minutes, then turn over meat pieces and stir the onion mixture. Brown for an additional 7 minutes. (At this point, the onion mixture will have caramelized slightly, adding an intensified flavor to the soup.)
3. While the meat is browning, prepare all your vegetables. Add them to the pot and sauté about 2 minutes, stirring constantly. Pour in water, beans, barley, fresh herbs, sherry, kosher salt, pepper, and onion and garlic powders.
- 4.

Bring to a rolling boil, then lower heat and simmer for an hour and a half, stirring occasionally. Check that beans are tender before removing from heat.

## **Credits**

Photography: Daniel Lailah

Food Styling: Amit Farber