



make soup • share soup • give soup



Soup Sisters is a non-profit charitable social enterprise dedicated to providing comfort to women, children and youth through the making, sharing and donating of soup.

Well known for over a decade of community soup making events, Soup Sisters has delivered over 3 million servings of nurturing and nourishing soup to emergency shelters across the country.

Celebrated annually on March 3rd, the National Soup it forward day is observed to encourage people to deliver love and kindness by the bowlful to family, friends, neighbours and strangers in need of a 'Hug in a Bowl'.

SOUP IT FORWARD THE SOUP SISTERS WAY!



Bonnie Stern is the founder of the Bonnie Stern School of Cooking in Toronto which she opened and operated from 1973 to 2011. She has studied and taught cooking around the world, authored 12 bestselling cookbooks, hosted three national cooking shows, and appears regularly on various television and radio shows across Canada.

Bonnie is also the creator of a ground-breaking book club in which novelists are invited to discuss their work during thematic dinners. . Bonnie Stern's Essentials of Home Cooking won the coveted International Association of Culinary Professionals' award



Orange soup—the color, not the flavor—is very popular in Israel because so many people are vegetarian. Make this soup with one orange vegetable or lots of them. I even add matzo balls at Jewish celebration dinners for my vegetarian guests. A splash of bright-green zhoug (a spicy cilantro pesto) adds another layer of flavor or, if you prefer, add a swirl of sour cream or yogurt, or crumbled feta or soft goat cheese.
—Bonnie Stern



Israeli Orange Vegetable Soup with Zhoug

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The Soup Sisters and Broth Brothers Cookbook
by Bonnie Stern



Israeli Orange Vegetable Soup with Zhoug

Bonnie Stern, Cookbook Author and Food Columnist

Makes about 6 servings

2 Tbsp (30 mL) olive oil
1 onion, finely chopped
2 cloves garlic, minced
1 lb (500 g) butternut squash, peeled, seeded and diced (2 cups/500 mL)
1 lb (500 g) sweet potatoes, peeled and diced (2 cups/500 mL)
1 lb (500 g) carrots, peeled and diced (2 cups/500 mL)
Salt and pepper to taste
4 cups (1 L) vegetable stock or water

Zhoug

2 cloves garlic, peeled
1/2 jalapeño chili, coarsely chopped (less if it's very hot)
1 bunch cilantro, roots and tough stems removed
1/2 tsp (2 mL) salt
1/2 cup (125 mL) extra virgin olive oil



Israeli Orange Vegetable

Soup with Zhoug

The Soups Sisters and Broth Brothers
Cookbook

by Bonnie Stern

Makes about 6 servings

- 2 Tbsp (30 mL) Olive oil
- 1 Onion, finely chopped
- 2 cloves Garlic, minced
- 1 lb (500 g) Butternut squash, peeled, seeded diced (2 cups/500 mL)
- 1 lb (500 g) Sweet potatoes, peeled and diced (2 cups/500 mL)
- 1 lb (500 g) Carrots, peeled and diced (2 cups/500 mL)
- Salt and pepper to taste
- 4 cups (1 L) Vegetable stock or water

1. For the soup, heat the oil over medium heat in a large pot. Add the onion and garlic. Cook, stirring often, until the onion has softened but is not brown.
2. Add the squash, sweet potatoes, carrots, and salt and pepper to taste. Cook, stirring often, for 3 minutes.
3. Add the stock and bring to a boil.
4. Reduce the heat and simmer, covered, until the vegetables are very tender, about 30 minutes.
5. Purée the soup until smooth. If the soup is too thick, add a little more stock or water so that it is the consistency of heavy cream or whatever consistency you like.
6. For the zhoug, chop the garlic and jalapeño in a food processor or mini chopper. Add the cilantro and salt. Process until finely chopped. Drizzle in the oil and process until well combined. Season with more salt to taste.
7. Reheat the soup gently. Season with salt and pepper to taste.
8. Ladle into wide soup bowls and serve drizzled with a colorful swirl of zhoug.

Zhoug

- 2 cloves garlic, peeled
- ½ jalapeño chili, coarsely chopped
- 1 bunch cilantro, roots and tough stems removed
- ½ tsp (2 mL) salt
- ½ cup (125 mL) extra virgin olive oil

There's a message in every bowlful

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Israeli Orange Vegetable Soup with Zhoug

Oil, onion, garlic, butternut squash, sweet potato, carrot, salt, pepper, vegetable stock or water, jalapeno, cilantro



MADE FRESH

Month, YYYY

WITH LOVE FROM

Your friends next door!



