



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'**.

Carrot Soup with Lemon-Tahini Dollop and Crisped Chickpeas

Deb Perelman, Cookbook Author and Blogger, smittenkitchen.com

Makes about 4 servings

- 2 Tbsp (30 mL) olive oil
- 2 lb (1 kg) carrots, peeled and diced
- 1 large onion, finely chopped
- 4 cloves garlic, peeled and smashed
- ½ tsp (2 mL) ground cumin
- ½ tsp (2 mL) table salt
- ¼ tsp (1 mL) ground coriander
- Pinch of Aleppo pepper flakes (see sidebar) or red chili flakes
- 4 cups (1 L) vegetable stock



Aleppo pepper flakes are a mild, peppery seasoning, used in Mediterranean and Middle Eastern dishes, with a flavor similar to ancho chili. Za'atar is a Middle Eastern spice blend made from dried herbs, sesame seeds, dried sumac and salt.

Lemon-Tahini Dollop

- 3 Tbsp (45 mL) tahini paste (see page 151)
- 2 Tbsp (30 mL) fresh lemon juice
- 2 Tbsp (30 mL) water (approx.)
- Pinch of salt

Toppings (optional)

- 2 large pitas, each cut into 8 wedges
- Olive oil for brushing
- Za'atar (see sidebar) or sesame seeds and sea salt to taste
- Crisped chickpeas (see page 114)
- 2 Tbsp (30 mL) coarsely chopped parsley

1. For the soup, heat the oil in a large pot over medium heat. Add the carrots, onion, garlic, cumin, salt, coriander and pepper flakes. Cook, stirring often, until the onion begins to brown.
2. Add the stock. Bring to a boil, stirring to scrape up any browned bits from the bottom of the pot.
3. Reduce the heat and simmer, covered and stirring occasionally, until the carrots are tender, about 30 minutes.
4. For the lemon-tahini dollop, whisk together the tahini, lemon juice, 2 Tbsp (30 mL) water and salt in a small bowl until smooth and with a yogurt-like consistency. If the mixture is too thick to dollop, add a little more water.

cont'd on page 114





Carrot Soup with Lemon-Tahini Dollop and Crisped Chickpeas

The Soup Sisters and Broth Brothers
Cookbook
by Deb Perelman

Makes about 4 servings

2 Tbsp (30 mL)	Olive oil
2 lb (1 kg)	Carrots, peeled and diced
1 large	Onion, finely chopped
4 cloves	Garlic, peeled and smashed
½ tsp (2 mL)	Ground cumin
½ tsp (2 mL)	Table salt
¼ tsp (1 mL)	Ground coriander
Pinch	Aleppo pepper flakes or red chili flakes
4 cups (1 L)	Vegetable stock

Lemon-Tahini Dollop

3 Tbsp (45 mL)	Tahini paste
2 Tbsp (30 mL)	Fresh lemon juice
2 Tbsp (30 mL)	Water
	Pinch of salt

Toppings (optional)

2 large pitas, cut in 8 wedges
Olive oil, for brushing
Za'atar or a combination of sesame seeds and sea salt
Crisped chickpea
2 Tbsp (30 mL) coarsely chopped parsley

1. For the soup, heat the oil in a large pot over medium heat. Add the carrots, onion, garlic, cumin, salt, coriander and pepper flakes. Cook stirring often, until the onion begins to brown.
2. Add the stock. Bring to a boil, stirring to scrape up any browned bits from the bottom of the pot.
3. Reduce the heat and simmer, covered and stirring occasionally, until the carrots are tender, about 30 minutes.
4. For the lemon-tahini dollop, whisk together the tahini, lemon juice, water and salt in a small bowl until smooth and with a yogurt-like consistency. If the mixture is too thick to dollop, add a little more water.
5. For the garnish, preheat the oven to 425° F (220° C). Arrange the pita wedges in a single layer on a large baking sheet. Brush lightly with oil. Sprinkle with

za'tar or a combination of sesame seeds and sea salt. Toast the pita wedges in the oven until brown at the edges, about 5 minutes.

6. Purée the soup until smooth. Reheat gently.
7. Ladle into bowls, Dollop each portion with the lemon-tahini, a sprinkle of crisped chickpeas and a flourish of chopped parsley. Serve with pita wedges.

Crisped Chickpeas

Makes 1 $\frac{3}{4}$ cups (435 mL)

1 $\frac{3}{4}$ cups (435 mL) drained canned or cooked chickpeas, patted dry on paper towels

1 Tbsp (15 mL) olive oil

$\frac{1}{2}$ tsp (2 mL) salt

$\frac{1}{4}$ tsp (1 mL) ground cumin

1. Preheat oven to 425° F (220° C).
2. In a medium bowl, toss together the chickpeas, oil, salt and cumin until well coated.
3. Spread the chickpeas on a rimmed baking sheet. Roast, tossing occasionally, until they're browned and crisp, 10 to 20 minutes, depending on the size and firmness of your chickpeas.

There's a message in every bowlful

WWW.SOUPSISTERS.ORG



Carrot Soup with Lemon-Tahini Dollop and Crisped Chickpeas

Olive oil, carrot, onion, garlic, cumin, salt, coriander, pepper flakes, vegetable stock, tahini paste, lemon juice, water, salt, pita, Za'atar, chickpeas, parsley

MADE FRESH

Month, YYYY



WITH LOVE FROM

Your friends next door!



