

S O N D A S

## SOUPS

## CHICKEN SOUP

Gladys Neuman

1 pullet or hen, cut up	1 large onion, cut in half
1 T. salt	1 parsnip, cut in chunks
4 carrots, peeled and cut in chunks	1 T. parsley
2 celery stalks, including leaves	1 T. dill weed

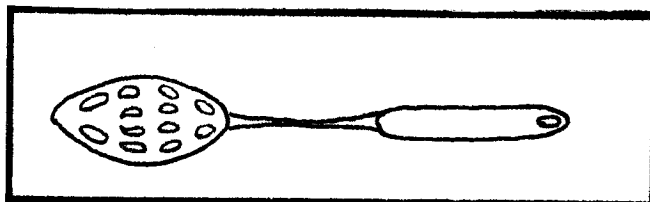
Place chicken in a large pot to boil. After it has boiled about fifteen minutes, begin to skim. When skimming is completed, continue to boil for about 15 minutes more. Add the remaining ingredients. Cook until vegetables and chicken are tender. May be served with either rice or noodles which have been cooked separately.

## SPINACH BORSCHT

Ida Ebin

1 pkg. (lb.) washed spinach	1 heaping tsp. sugar
1 large onion	Salt, to taste
2 strips rhubarb	2 eggs
1 lemon	1 1/2 c. milk
1 1/2 c. water	1/2 pint sour cream

Wash spinach thoroughly. Peel rhubarb and cut in small pieces. Add onion, lemon, sugar, salt and water and cook until soft. Let cool. Beat up 2 eggs with sour cream and add milk and mix into spinach. When cold, serve with sliced cucumbers or onions.



**CABBAGE BORSCHT****Mrs Sally Levenstein**

2 lbs. brisket or soup meat	1 can Hunt's tomato sauce
1 onion	Brown sugar
1 head cabbage, medium	Lemon juice
Salt and pepper	Potatoes, quartered, optional
2 quarts water	

Boil meat with onion, salt and pepper in water until almost done. Shred cabbage into colander and scald with hot water. Add cabbage, additional salt to taste, and tomato sauce to soup. Cook until done and add sufficient brown sugar and lemon juice to desired sweet-sour taste. Quartered potatoes can also be added to borscht with cabbage if desired.

**BEET BORSCHT****Mrs Sally Levenstein**

1 bunch beets	1/2 c. sugar
3 lemons	1 tsp. salt
3 egg yolks	2 qts. water

Wash beets and cook until tender. When beets are cool enough to handle, peel and grate. Add juice of the lemons, 1/2 cup sugar, salt and water and bring mixture to boil. While this mixture is cooking, beat 3 egg yolks in your large mixing bowl (I use the electric mixer). When mixture comes to a boil, continue to boil for 1 minute, then add very gradually, by tablespoonfuls at first, to eggs as they continue beating. Gradually increase quantity to mixture which you add to eggs. When 1/2 of the mixture has been beaten in with the eggs, pour back and forth from pan to mixing bowl about 5 times until thoroughly mixed. Put in refrigerator to cool. If served with dairy foods, add heaping tablespoonful of sour cream to individual bowls before serving. Can be used with meat meal by eliminating sour cream.

**BEET BORSCHT**

**Mrs Sophie Learner  
Shelley Goldbloom**

2 small bunches beets	1 small onion
1 1/2 lemons, juice	4 or 5 c. water
2 eggs	1 tsp. salt
1 pint coffee cream, optional	1/2 c. sugar, to taste

Wash, peel and grate beets. Cook in water until tender. Add lemon juice and sugar to taste. Cook until flavor penetrates. Cool a little. Beat 2 eggs well and add cream; add gradually to hot soup (not boiling) and beat very well so that it doesn't curdle. Serve cold. If cream is omitted, borscht may be served with 1 tablespoonful sour cream for each serving.

**LIMA BEAN SOUP**

**Eve Bern**

1 lb. soup meat and some soup bones	1 onion, chopped fine
3 qts. water	1 large carrot, diced
1/2 lb. dry lima beans, large	2 stalks celery, diced

Wash beans thoroughly; add water to cover. Bring to a boil, remove from heat and cover pot; let cool. When skins of beans loosen, peel beans. Place meat and bones in pot and add the 3 quarts of water. Bring to a boil and skim. Add the peeled beans and vegetables. Cook about 2 hours, or until meat is tender and beans are completely dissolved, and soup thickened. Add salt to taste during cooking. If made a day ahead of time and refrigerated, the fat can be removed from the top and the flavor improved after the ingredients have been allowed to blend. Serves 6.

**CHILI****Shelley Goldbloom**

2 lbs. ground beef	2 bay leaves
1 T. oil	1 T. <b>plus</b> 1 tsp. chili powder
3 cloves garlic, minced	1 (4 oz.) can minced green pepper, hot
3 stalks celery, chopped	1 tsp. oregano
2 large onions, chopped	6 whole allspice
16 oz. can whole tomatoes	3 T. sugar
3 (8 oz.) tomato sauce	1 can (15 oz.) kidney beans
1 T. salt	1 (15 oz.) can pinto beans
1/2 tsp. pepper	

Brown beef in oil. Add garlic, celery and onions and cook 10 minutes. Add rest of the ingredients and bring to boil. Simmer 1 to 1 1/2 hours uncovered. Stir often.

**ELI'S CHILI****Eli Levenstein**

1 lb. ground beef	1 piece cooked breast of chicken
2 cans chili hot beans	1 (6 oz.) beef fry
1 large red onion	2 1/2 T. chili powder
1 large green pepper	Beer
1 large red pepper	Spicy V-8

Brown onion and put into large covered pot. Brown beef; drain thoroughly; put in pot. Add chili beans to pot; begin to simmer. Dice peppers and chicken; add to pot. Add about 10 ounces beer and 10 ounces spicy V-8. Cook beef fry until done but **not** crispy; blot dry. Chop beef fry; add to pot. Put in chili powder. Cook 2 1/2 to 3 hours over low heat, stirring occasionally and adding liquid for desired consistency and flavor. Season to taste.

**PEANUT SOUP****Roberta Kaplan Gelatt**

1 medium onion, finely chopped	3/4 c. creamy peanut butter
2 T. vegetable oil	3 c. chicken broth
Salt, to taste	Croutons
Pepper, to taste	

Continued Next Page

**PEANUT SOUP (Continued)**

Cook onion in oil until soft and golden brown. Lower heat. Blend in peanut butter. Add chicken broth slowly, stirring constantly, until mixture is smooth. Bring to boil, season to taste with salt and pepper and lower heat. Simmer 10 minutes. Garnish with freshly ground pepper or croutons. Makes 4-5 servings.

**ONION SOUP****Lillian Kaplan**

3 large onions	Salt
4 T. butter	Pepper
1 T. flour	Slices French bread
6 1/2 c. stock	Grated Gruyere cheese
1 c. beer	

Slice onions and fry in butter in a large pot until onions are golden and transparent. Stir in flour. Cook a few minutes. Add salt and freshly ground pepper to taste. Pour in stock. Stir well. Simmer 15 minutes. Fry the slices of bread in butter. Place the bread in an ovenproof tureen or into individual soup bowls. Pour in hot stock. Bread will rise to the top. Sprinkle the bread with a thick layer of grated cheese. Place the soup with bread into a preheated oven until the cheese has melted. Serve immediately.

**FISH CHOWDER****Keren Prombaum**

3 carrots	2 c. milk
3 stalks celery	1/2 c. cheese
3 to 4 potatoes	3 c. water
1/2 medium onion	Salt, to taste
3/4 to 1 lb. fish	Thyme

Chop vegetables and fish and put into a pot with 3 cups of water. Bring to a boil and simmer for 1/2 hour to an hour. Blend cooked fish and vegetables in a blender. Put soup back into pot, mix in milk and cheese. Season with salt and thyme to taste. Cook 1/2 hour, until chowder is creamy. Don't allow chowder to boil.