



# 16

## FAVORITE ISRAELI RECIPES ON A BUDGET

A gift from *Meir Panim*, an Israeli charity organization,  
feeding one hungry citizen at a time



# COMFORT OF ZION CAULIFLOWER SOUP

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Yields 6 servings

## INGREDIENTS:

2 pounds cauliflower (1 head)  
Salt and pepper to taste

Unsalted butter or olive oil  
Optional topping: cheese

## INSTRUCTIONS:

- Cut cauliflower into small florets and clean.
- Cook florets in boiling salt water until soft, about 5 minutes.
- Remove from their cooking water using a slotted spoon. Reserve the salted cooking water until later.
- Place the cooked cauliflower into a blender, filling it halfway. Carefully pour in cooking water, adding till it reaches about halfway up the cooked cauliflower.
- Cover and blend until the soup becomes a smooth puree. You may need to add more cooking water to achieve a soup-like texture. The longer you blend, the more silky and smooth the soup becomes.
- Add salt, pepper, and butter to taste.
- Repeat process with any remaining cauliflower.
- Serve soup hot.



# EASY TIBERIAS TOMATO SOUP

Yields 5-6 servings

## INGREDIENTS:

4 pounds plum tomatoes, halved lengthwise	6 tablespoons olive oil, plus more
2 teaspoons (or more) kosher salt	1 medium onion, coarsely chopped
1/2 teaspoon black pepper, plus more	1 cup heavy cream

## INSTRUCTIONS:

- Preheat oven to 400°F.
- Place tomatoes, cut side up, on a large rimmed baking sheet.
- Season with 1 1/2 teaspoon salt and 1/2 teaspoon pepper, then drizzle with 3 Tbsp. oil.
- Roast tomatoes until tender and caramelized, about 1 hour and 15 minutes. Let cool slightly.
- Meanwhile, heat 3 Tbsp. oil in a medium pot over medium.
- Cook onion and 1/2 teaspoon salt, stirring occasionally, until soft and translucent, 8–10 minutes.
- Add roasted tomatoes and any accumulated juices, cream, and 1 1/4 cups water to pot. Bring to a boil, then reduce heat and simmer until flavors have melded, 20–25 minutes.
- Working in batches, transfer tomato mixture to a blender and purée until smooth.
- Taste and adjust seasonings if needed.



# SABBATH CHICKEN TACO SOUP

Yields 6 servings

## INGREDIENTS:

Can of pinto beans, drained  
Can of black beans, drained  
3/4 cup of rice, uncooked  
3/4 cup of frozen sweet corn  
1 medium diced onion  
1 diced bell pepper

Jalapeno peppers (optional)  
3-4 chicken breasts – uncooked –  
you can also use beef  
Can of diced tomatoes  
2 cups of water

## INSTRUCTIONS:

- In the morning, place all ingredients into a crockpot.
- Cook on high temperature until boiling.
- Lower the temperature and cook all day.
- Eat for dinner



# ESAU'S EASY LENTIL STEW

Yields 6 servings

## INGREDIENTS:

2 cups lentils  
1 large can diced tomatoes  
1 medium onion

Garlic and dill to taste  
3/4 stick of butter

## INSTRUCTIONS:

- Put it all in a big pot. Add water to cover mixture. Bring to a boil.
- Lower heat, cover, and let simmer for about 45 minutes, stirring occasionally.
- Add salt and pepper to taste at the end.
- This can also be made in a crockpot.



# SAFED SWEET POTATO VEGGIE BURGERS

Yields 6 large patties or 8 small

## INGREDIENTS:

1 medium sweet potato, baked and peeled  
16 oz. cooked white beans  
(canned, drained and rinsed in hot water  
before adding to bowl making them easier  
to mash.)  
1/2 cup onion, chopped  
2-3 tablespoons tahini  
3/4 teaspoon apple cider vinegar  
1 teaspoon garlic powder  
1/2-1 teaspoon paprika or preferred spice

1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/3 cup flour  
1/2-1 cup finely chopped greens, such as  
kale, spinach, parsley (optional)  
1 tablespoon oil for frying

Optional: Bread crumbs for crispy coating  
Toppings: avocado, tomato, burger buns,  
greens

## INSTRUCTIONS:

- Bake your sweet potato in 400 degree oven for 40-60 minutes or until tender.
- Place potato and beans to a large mixing bowl. Mash well.
- Fold in onion and mix.
- Add remaining ingredients and mash until thickened and well mixed.
- Tip: Place mixture in fridge for a half hour to easily form patties. (This increases cooking time by a few minutes.)
- Heat oven to 400 degrees.
- Heat oil in skillet.
- Form burger mixture into large patties and place on the hot skillet. If using bread crumbs, roll patties in crumbs to coat well.
- Cook 1-3 minutes on each side, just to brown them.
- Place patties on a baking sheet and bake for 10-15 minutes, until cooked through. (You may skip steps 8 and 9 and just bake the veggie burgers but flavor is better after browning first.)
- Place burger on bun and add toppings.



# BLESSED BY BROCCOLI MUFFINS

Yields 6 muffins

## INGREDIENTS:

4 eggs  
1 cup steamed broccoli  
(or frozen broccoli that's been defrosted)  
or any other preferred vegetables

1/2 cup sharp cheddar, shredded  
Sea salt and pepper to taste  
(about 1/2 teaspoon each)

## INSTRUCTIONS:

- Preheat oven to 375°F.
- Coat a 6 hole muffin tin with oil.
- Chop broccoli and place it in a bowl with the eggs, salt, and pepper. Mix.
- Pour egg mixture into muffin tins and divide cheese evenly among them.
- Bake for 12-15 minutes, or until the eggs are set.



# BANIAS BLACK BEAN BURRITOS

Yields 8 servings

## INGREDIENTS:

Can of black beans  
8 pack of tortillas  
Carton of eggs

Salt and pepper to taste  
Optional toppings: shredded cheese,  
sour cream, salsa, hot sauce

## INSTRUCTIONS:

- Mix together drained beans, eggs, salt and pepper.
- Cook mixture in frying pan until set.
- Fill tortillas with mixture. Add any toppings of choice. Roll and enjoy!



## 3-INGREDIENT MEDITERRANEAN PASTA SHELLS AND CHEESE

Yields 3 - 4 servings

### INGREDIENTS:

2 cups milk  
2 cups shells  
1 cup white cheddar cheese

### INSTRUCTIONS:

- In a medium saucepan, bring the milk and pasta to a simmer over medium heat.
- Cook about 20 minutes, stirring often and making sure that the milk doesn't boil.
- Once the pasta is al dente, remove from heat and add cheese.
- Stir until melted. If you like it creamier, add more milk.
- Salt to taste.



## SIMPLE MEDITERRANEAN PASTA SALAD

Yields 6 servings

### INGREDIENTS:

1 box farfalle, penne, or other pasta	Sliced olives
Can of diced tomatoes	1/4 cup Italian dressing
Can of chickpeas	

### INSTRUCTIONS:

- Cook pasta as per instructions. Drain.
- Add diced tomatoes, sliced black olives, chickpeas, and Italian dressing to taste.



# PROMISED LAND PUMPKIN PASTA

Yields 4 servings

## INGREDIENTS:

1 pound whole wheat pasta (penne, rigatoni, fusilli, or shells)  
1 teaspoon kosher salt, plus more  
1 1/4 cups heavy cream

3/4 cup pure pumpkin purée  
3/4 teaspoon black pepper, plus more

## INSTRUCTIONS:

- Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain pasta, reserving 1 cup pasta cooking liquid.
- Meanwhile, bring cream to a simmer in a large skillet over medium-high heat and cook, stirring occasionally, until reduced by half, about 4 minutes.
- Whisk in pumpkin purée; season with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- Add pasta and 1 cup reserved pasta cooking liquid to skillet and cook, tossing to coat, until sauce has reduced, 3–4 minutes.
- Season to taste with remaining 1/2 teaspoon salt and 1/4 tsp pepper.





# CARMEL CURRIED CHICKPEAS WITH SPINACH

Yields 4 servings

## INGREDIENTS:

2 tablespoons olive oil	1 1/2 tablespoons curry powder
1 small onion	8 oz spinach fresh or frozen
2 cloves garlic	15 oz can tomato sauce
1 inch fresh ginger	29 oz can chickpeas

## INSTRUCTIONS:

- Dice onion, mince garlic, and grate the ginger.
- Sauté onion, garlic, and ginger in a large skillet with the olive oil over medium heat until the onions have softened (3-5 minutes).
- Add curry powder and continue to sauté with the onion mixture for one minute more.
- Add about 1/4 cup of water and to the skillet along with the fresh spinach and continue to sauté until the spinach has wilted. The water will help steam and wilt the spinach (no water needed if using frozen spinach).
- Drain and rinse chickpeas. Add them to skillet along with the tomato sauce.
- Stir well and heat through (5 minutes).
- Serve over rice or with bread.



# SIMPLE ISRAELI-STYLE WATERMELON, TOMATO, CHEESE SALAD

Yields 6 servings

## INGREDIENTS:

1 tablespoon olive oil, plus more  
1 (4-pound) seedless watermelon, rind removed, cut into 1/2"-thick slices  
1 teaspoon kosher salt, divided

4 multi colored tomatoes, thinly sliced  
1/2 teaspoon black pepper, plus more  
6 ounces feta cheese, thinly sliced (about 1 1/4 cups)

## INSTRUCTIONS:

- Heat a grill pan or cast-iron skillet over medium-high with oil.
- Using a 2" diameter ring cutter or thin drinking glass, cut watermelon into about 20 circles.
- Season watermelon on both sides with 1/2 teaspoon salt.
- Grill watermelon until well charred, about 2 minutes per side. Transfer to a plate and set aside until cool to the touch, about 10 minutes.
- Toss tomatoes, 1 tablespoons oil, 1 teaspoon salt, and 1/2 teaspoon pepper in a large bowl.
- Layer watermelon, tomato mixture, and cheese in alternating layers on a platter, draining any extra liquid from tomatoes before using.
- Drizzle with oil, season with pepper, and serve.



# EASY HOMEMADE CRACKERS WITH HUMMUS

Yields about 48 crackers

## INGREDIENTS:

2 cups whole wheat flour	2/3 cup water
1 teaspoon kosher salt, plus more	1 tablespoon sesame, and/or caraway seeds
1/3 cup olive oil	
1 tablespoon honey	

## INSTRUCTIONS:

- Preheat oven to 375°F.
- Mix flour and 1 teaspoon salt in a food processor to combine.
- Stir oil, honey, and 2/3 cup water in a liquid measuring cup.
- Combine mixtures in food processor using pulse until a ball of dough forms around blade.
- Turn dough out onto a work surface. Divide in half. Cover one half with a moistened towel, then roll remaining half into a rough 15" x 10" rectangle. Repeat with second half. Transfer each to a large parchment-lined baking sheet.
- Using a pizza cutter or sharp knife, trim ragged edges and cut each rectangle into 24 (6" x 4") pieces.
- Fill a spray bottle with water and mist top of dough or use a pastry brush to brush water on dough. Sprinkle with seeds and salt. With your hands, press down lightly on dough to adhere seeds.
- Bake crackers until lightly brown and crunchy, about 15–18 minutes. Watch carefully and rotate sheets as they can quickly brown.
- Best served with your favorite Israeli hummus



# STAFF-OF-LIFE HOMEMADE BREAD

Yield 1 loaf

## INGREDIENTS:

500 grams bread flour (about 4 cups)	teaspoon), crumbled
13 grams kosher salt (about 2 1/2 teaspoons)	2 cups room-temperature water
5 grams fresh cake yeast (about 1 packed	All-purpose flour (for dusting)

## INSTRUCTIONS:

- Hand mix bread flour, salt, yeast, and water in a medium bowl.
- Lightly knead ingredients for a dough.
- Dust another bowl with all-purpose flour and transfer dough to bowl.
- Cover with plastic wrap and chill 12-18 hours.
- Knead dough on a lightly floured work surface. Form into a large circle.
- Transfer dough to a lightly floured parchment-lined baking sheet and cover with a clean flour-dusted towel. Let rise at room temperature 4 hours, or chill 6–12 hours.
- One hour before baking, arrange rack in middle of oven; preheat to 500°F.
- After dough has risen, with a very sharp knife, cut in 3 parallel slits at least 1/4" deep.
- Transfer baking sheet to oven, reduce oven temperature to 450°F, and bake bread until crust is very brown, about 30-40 minutes.
- Let cool before slicing, about 2 hours.



# 3-INGREDIENT PEANUT BUTTER CHANUKAH COOKIES

Yields 14-18 cookies

## INGREDIENTS:

1 cup sugar  
1 cup peanut butter  
1 egg

## INSTRUCTIONS:

- Preheat oven to 350 degrees.
- Mix ingredients until smooth.
- Roll into 1" balls and place on parchment paper on baking sheet. Press down with the back of a fork and then press again from the opposite direction, to form the criss-cross pattern on top.
- Cookies do not spread.
- Bake 12 minutes and then let cool before removing from baking sheet.



# SUN OF GOD 3 INGREDIENT POPSICLES

Yields 6 Popsicles

## INGREDIENTS:

1 large ripe banana, peeled, cut into chunks, and frozen  
12 large strawberries, sliced in half  
1/2 cup pineapple juice (or orange juice)

## INSTRUCTIONS:

- Blend all ingredients on high speed until smooth-about 2 minutes.
- Taste mixture. If you prefer sweeter popsicles, add a bit of honey.
- Pour into popsicle molds. Freeze until solid-about 6-8 hours.





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