

**Mitzvah
Day**

2005-2025

20 YEARS OF
**BUILDING
BRIDGES**

BIG SOUP SERVE



SUNDAY 23 NOVEMBER 2025

You are warmly invited to join us in celebrating the 20th anniversary of Mitzvah Day by taking part in the **BIG SOUP SERVE**, which aims both to meet a real societal need and to help build warm, lasting connections between people and communities.

Come together, in the spirit of kindness, to make, serve and/or donate soup to those who need it most this winter.

[REGISTER HERE](#)

HOW YOUR COMMUNITY, SCHOOL WORKPLACE OR FAMILY CAN TAKE PART:

MAKE & DONATE

Get together to prepare a big batch of homemade soup and find a local charity partner, such as a shelter or foodbank, to donate it to.

COLLECT & PACK

Ask people to donate items for dry soup kits, using our recipe cards, and then gift your collection to a local charity partner.

SERVE & CHAT

Partner with a local care home, soup kitchen or shelter to serve soup in person – and take time to get to know the recipients too.

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BIG SOUP SERVE **RECIPES**

We are delighted that top London caterer Adam Nathan has shared two delicious recipes for the BIG SOUP SERVE.

[CLICK HERE TO FIND OUT MORE ABOUT ADAM
AND HIS INCREDIBLE WORK](#)

BUTTERNUT SQUASH AND RED LENTIL SOUP

INGREDIENTS:

- 1 medium butternut squash (about 1.5 kg), peeled, seeded, and cubed
- 200g soaked red lentils
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 large carrot, diced
- 1 stalk celery, diced
- 10g ground cumin
- 5g ground coriander
- 5g smoked paprika
- 1.5l vegetable stock
- 120ml double cream
- 30ml olive oil
- Salt and pepper
- 10g fresh parsley, for garnish
- Greek yoghurt, for serving (optional)

METHOD:

1. Sweat the onion, carrot, celery, and garlic in olive oil for 5 minutes to soften.
2. Stir in the spices, coating the vegetables.
3. Add cubed butternut squash (you can roast it beforehand for extra flavour if you'd like), and red lentils. Pour in 1,500ml vegetable stock, ensuring ingredients are covered. Bring to a boil, then reduce to a simmer.
4. Cover and simmer for 20-25 minutes, stirring occasionally, until the squash is tender and lentils are soft and breaking down. The lentils will thicken the soup naturally.
5. Blend the soup using an immersion blender; you can leave half unblended for a chunkier texture.
6. Add cream or coconut milk, heat for another 2-3 minutes, and season.
7. Ladle into bowls and garnish with fresh herbs and a spoonful of Greek yoghurt.

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TRADITIONAL CHICKEN SOUP

INGREDIENTS:

- 1 whole fowl, cut into quarters
- 1 chicken carcass
- 5 whole carrots
- 4 onions, halved (skin on for colour)
- 3 leeks, washed and roughly chopped
- 1 sweet potato, peeled / cut into chunks
- 1 whole celery head, cut to fit the pot
- 1 heaped tsp chicken stock powder
- Celery salt, to taste
- Black pepper, to taste
- Water (enough to fill pot halfway)

METHOD:

1. Prepare the Base

- Place a large pot on the stove and fill it halfway with water.
- Add the quartered fowl and chicken carcass to the pot.
- Bring to a boil over high heat, then skim off any scum that rises to the surface for a clear, golden broth.

2. Add Vegetables and Seasonings:

- Add whole carrots, halved onions (with skin), chopped leeks, sweet potato chunks and celery to the pot.
- Stir in chicken stock powder, a pinch of celery salt and black pepper to taste.

3. Cook the Soup:

- Bring the mixture back to a boil, then reduce to a simmer.
- Cook for 3-4 hours, either on the stovetop or in the oven at 170°C (if the pot fits).

4. Cool and Separate:

- Once cooked, remove the pot from heat and let it cool slightly.
- Strain the soup, separating the chicken and vegetables from the broth.
- Decide whether to keep the vegetables in the soup (based on preference) or reserve them for other uses.
- Shred or chop the chicken for use in dishes like curries or chicken pie.

5. Storage and Serving:

- Let the soup rest for 1-2 days in the fridge to enhance flavour.
- Reheat and serve, or freeze in portions for later use.

Note: The soup's flavour deepens over time, making it ideal to prepare a couple of days in advance.