

Ben's Kosher Deli's mushroom soup a favorite



Mushroom barley soup from Ben's Kosher Deli in Boca Raton. (Ben's Kosher Deli/Courtesy)



By **Claire Perez**
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Q Would you be kind enough to get me Ben's Kosher Delicatessen's recipe for Mushroom barley soup? It is delicious. My sister-in-law from San Antonio thoroughly enjoyed it while visiting me in Delray Beach. — Myrna Cohen, Delray Beach

A. Myrna's timely request coincides with National Soup Month. And Ben's Kosher Restaurant, Delicatessen and Caterer (9942 Clint Moore Road, Boca Raton; 561-470-9963, bensdeli.net) offers several homemade choices to celebrate. The recipe sounded familiar, and sure enough, I found it in the Sun Sentinel archives. The folks at Ben's shared their Mushroom barley soup recipe with us five years ago. The recipe hasn't changed. Any neither has their diners' appetite for it as it remains a top seller. The soup is available seven days a week in addition to old-fashioned chicken soup with matzo ball, kreplach, rice or noodles, and a daily rotating soup menu.

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1972 when he opened his first store in Baldwin
deli has since expanded to seven locations in Long

ISLAND, MANHATTAN, QUEENS AND SEASIDE, NEW YORK AND FLORIDA.

To celebrate the New Year Ben's debuted the company's Specialty Menu this month, featuring the most popular items from Ben's previous burger, top't dogs and panini menus including Hebrew National hot dogs, half-pound fresh, Kosher beef burgers, and assorted panini offering a modern spin on Jewish American deli classics, such as pastrami, corned beef and challah bread, among others.

Ben's kosher deli's Mushroom barley soup

1 1/4 gallons seasoned homemade chicken stock

1 1/4 pounds kosher beef bones

2 cups finely chopped onions

1 1/2 cups finely chopped carrots

1 cup finely chopped celery

1 teaspoon ground white pepper

8 ounces pearl barley

15 ounces mushrooms, sliced

1. In a large pot, bring stock, bones, onions, carrots, celery and pepper to a boil. Reduce heat and simmer 1 hour.
2. Add pearl barley to stock mixture, bring to a boil. Reduce heat and simmer until barley is soft, about 1 hour. Remove beef bones.
3. Add mushrooms and simmer 30 minutes.

Makes 1 gallon

Nutrition information per 1 cup: 173 calories, 6% calories from fat, 1g fat, 0g saturated fat, 10mg cholesterol, 27g carbohydrates, 6g total sugar, 0g added sugar, 9g protein, 701mg sodium, 9g fiber

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To request a recipe, email Claire@ClairePerez.com. Or write to Claire Perez, Food Department, Sun Sentinel, 333 SW 12th Ave., Deerfield Beach, 33442. Include your name, town and phone number.

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