



Introducing a new feature at PhiloTorah. ParshaPlates is a concept and website by Rachel Leah Wasserman which makes a Parsha Connection between the weekly sedra and a recipe for your Shabbat Table that will hopefully trigger conversation about Parshat HaShavua, in addition to providing a tasty treat in honor of Shabbat.

To-I'dot - Red Lentil Soup

In this week's Parsha, Eisav returned from hunting one day tired and hungry. He sells his birthright (his rights as the firstborn) to Yaakov in exchange for a pot of red lentil stew. Therefore, the food of the week is red lentil soup.

Shabbat Shalom & B'tayavon!



Ingredients

- 1 Tbsp oil
- 3 carrots, diced
- 5 celery stalks, diced
- 1 large onion, diced
- 3 minced garlic cloves
- 1 tsp thyme
- 1 tsp basil
- 1 tsp parsley
- 2 Tbsp tomato paste
- 1 can of tomatoes (14 1/2 oz)
- 3 cups water
- 3 cups red lentils
- 1 potato, diced
- 1 tsp salt
- 1/4 tsp pepper

Instructions

- 1] Soak lentils in a bowl of water (properly check the lentils as needed)
- 2] In a soup pot, pour in oil and sauté the carrots, celery and onion on medium heat.
- 3] Add garlic, thyme, basil, and parsley to the soup pot.
- 4] Once vegetables have been sautéed, add tomato paste, can of tomatoes, water, red lentils, and diced potatoes to the soup pot.
- 5] Bring the soup to a boil and then leave the pot on a low heat for at least half an hour (until lentils are creamy).
- 6] Add in salt and pepper.
- 7] Cook for another ten minutes on low heat and then remove the soup from heat.