

Parshat Vayigash



ParshaPlates is a concept and website - parshaplates.com - 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.

Onion Soup

In this week's Parsha, Yosef cries, the brothers cry, Yosef and Binyamin cry. When Yosef reunites with his father Yaakov, he weeps on his neck for a long time (B'reishit 46:29). The food most associated with crying is the onion. And the flood of tears makes this week's choice - Onion Soup

Shabbat Shalom & B'tayavon!



Ingredients

- 4 Tbsp oil
- 5 cups sliced/diced yellow onions
- 1 tsp salt
- 2 tsp minced garlic
- 1 tsp basil
- 1 tsp thyme
- 1 tsp onion powder
- 3 Tbsp flour
- 4-5 cups water
- Pepper to taste

Instructions

- 1] Pour oil in a soup pot on moderate heat flame.
- 2] Add sliced or diced onions and seasonings.
- 3] Stir occasionally for 25 minutes until onions are a golden-brown color.
- 4] Pour flour into the pot and continue stirring for another 2 minutes.
- 5] Slowly add water and simmer for another 30 minutes.
- 6] Optional: to make the recipe dairy you can sprinkle in shredded cheese.