

Parshat B'SHALACH



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.

Split Sea (pea) Soup

In this week's Parsha, Pharaoh changes his mind about allowing the Israelites to leave Egypt and chases after them. The Israelites are trapped between Pharaoh's army coming after them and the sea in front of them. Hashem tells Moshe to raise his staff over the water and miraculously the sea splits for the Israelites to pass through it. The sea then closes back up and the Egyptians drown. The food of the week is Split Sea (pea) Soup where you can imagine with your spoon the splitting of the peas (sea).

Shabbat Shalom & B'tayavon!

Ingredients

- 2 Tbsp oil
- 1 onion diced
- 2 carrots diced
- 2 celery stalks diced
- 2 tsp salt
- 1 tsp red pepper flakes
- Dash of pepper
- 2 frozen garlic cubes (minced)
- 6 cups water
- 2 yellow potatoes
- 1 cup split peas

Instructions

- 1] In a soup pot on medium heat add oil, onion, carrots, and celery. Sauté for 5 minutes.
- 2] Add seasonings, the frozen garlic cubes, and stir all together for one minute.
- 3] Add water and bring to a boil.
- 4] Add potatoes and split peas and reduce the heat to simmer.
- 5] Cook the soup for about 1 hour until the split peas are soft.

