

PARASHA RECIPES

PARASHAT BO

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IN THIS WEEK'S PARASHAH WE LEARN ONE OF THE MOST IMPORTANT LESSONS, DON'T TRY TO STOP CHANGES, TRY TO ADAPT TO THEM. WHEN YOU FEEL THAT A CHANGE IS COMING, ACT UPON IT, DON'T FIGHT IT. LOOK AT PHARAOH: WHEN MOSES ASKED HIM TO LET HIS PEOPLE GO HE REFUSES. HE DOESN'T WANT THINGS TO CHANGE ALTHOUGH THERE IS A LOUD AND CLEAR VOICE THAT TELLS HIM THAT THINGS ARE ABOUT TO CHANGE. HE DOESN'T LET THINGS CHANGE AND HE AND HIS PEOPLE WILL SUFFER A LOT BECAUSE OF IT. THROUGH THAT SUFFERING, PHARAOH WILL UNDERSTAND THAT HE NEEDS TO LET GO. TODAY'S RECIPE IS PEPPER SOUP. WE KNOW IT'S A BIT STRANGE BUT IF YOU ARE OPEN TO CHANGES YOU SHOULD TRY IT.

PEPPER SOUP

- 5 BIG RED BELL PEPPER
- 3 TABLESPOONS OF OLIVE OIL
- 1 BIG WHITE ONION CUT INTO CUBES
- 2 POTATOES PEELED AND CUT INTO CUBES
- 2 CARROTS CUT INTO MEDALLIONS
- ½ TEASPOON OF CRUSHED GARLIC
- 250 GR OF TOMATO PAST
- 8 CUPS OF WATER
- 3 TEASPOONS OF VEGETABLE SOUP POWDER
- 2 TEASPOONS OF SUGAR
- 1 TEASPOON OF PAPRIKA
- SALT AND BLACK PEPPER TO TASTE
- 2 TEASPOONS OF CHOPPED FRESH CORIANDER
- 2 TEASPOONS OF CHOPPED FRESH OREGANO
- ¾ CUP OF WHIPPING CREAM
- ½ CUP OF CHOPPED DILL
- 1 TEASPOON OF CRUSHED GARLIC

HEAT THE OVEN TO 430 * F (220* C). ROAST THE PEPPERS FOR ABOUT 30 MINUTES, UNTIL THEY SOFTEN AND THE SKIN STARTS TO BUBBLE. TAKE OUT OF THE OVEN AND LET IT COOL, THEN PEEL AND REMOVE THE SEEDS. IN A PAN, HEAT THE OLIVE OIL (MEDIUM- HIGH HEAT) AND THEN ADD THE ONION, POTATO, CARROT, GARLIC AND COOK IT FOR 10 MINUTES. ADD THE TOMATO PASTE, WATER, SOUP POWDER, SUGAR, PAPRIKA, SALT AND BLACK PEPPER. ADD THE PEPPERS AND UNTIL IT COMES TO A BOIL. LOWER THE FLAME AND COOK UNTIL THE VEGETABLES SOFTEN. ADD THE CORIANDER AND THE OREGANO. BLEND WITH A HAND BLENDER. ADD THE WHIPPING CREAM, THE DILL AND THE GARLIC. MIX IT REALLY WELL AND THE SOUP IS READY.

BON APPETIT- בנתאבון!