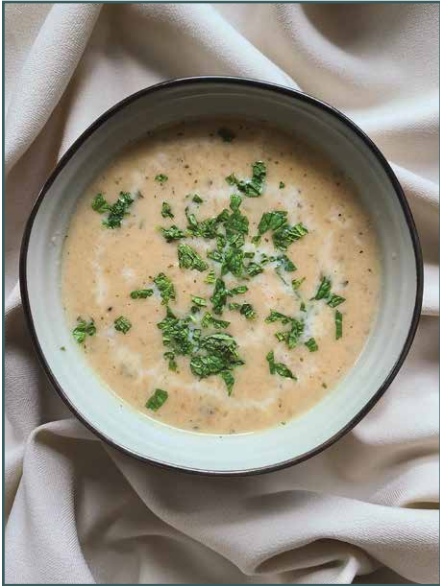




CREAMY PARSNIP SOUP



Ingredients

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| 4 cups parsnips, chopped (about 8 parsnips) | 2 tsp dried parsley |
| 1 cup Yukon potato, chopped (1 large potato) | ½ tsp ground sweet paprika |
| 3 cups vegetable broth | ½ tsp celery seeds |
| 1 ½ cups milk (dairy or plant-based) | ½ tsp black pepper |
| 1 cup onion, diced | ¼ tsp ground nutmeg |
| 3-4 tbsp garlic, minced (approx. 4 cloves) | salt, to taste |
| 2 tbsp oil or butter | ¼ cup fresh herbs, chopped (eg. parsley, thyme, etc.) |
| 2 tbsp vinegar (white or apple cider) | |



Instructions

Servings
4

Prep Time
15 mins

Cook Time
45 mins

Total Time
1 hour

1. Wash, peel, and roughly chop the parsnips and potato.
2. Dice the onion and mince the garlic, then set aside.
3. Add the oil to a large pot over medium-high heat. Once heated, add the onion, then cook for 2-3 minutes, until translucent.
4. Add the parsnips, potato, broth, garlic, dried herbs, and spices.
5. Bring the soup to a boil. Reduce the heat to medium-low, cover, and simmer for 25 minutes.
6. Uncover the soup and stir in the milk and vinegar. Remove the pot from the heat.
7. Use an immersion blender (or standing blender) to puree the soup until smooth.
8. Adjust the seasoning by adding salt (if needed), and mix in the fresh chopped herbs.
9. Serve the soup hot, drizzled with a little extra milk, if desired.