

Parsnip, Carrot & Apple Soup

Move over butternut squash soup... It's parsnip's time to shine! This creamy soup is the perfect blend of sweet, savory, and warm spices.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

2 Tbsp	Olive Oil
2 Tbsp	Butter, unsalted
1 each	Onion, roughly chopped
2 cloves	Garlic, roughly chopped
6 each	Parsnips, roughly chopped (about 1¼ lbs)
4 each	Carrot, peeled and roughly chopped (about 8 oz)
1 tsp	Ground Cumin
2 tsp	Garam Masala
2 each	Apple, skin on, roughly chopped (see chef's note)
3 ½ cups	Vegetable Stock, unsalted or homemade
½ cup	Greek Yogurt, non-fat, plain
½ each	Lemon, juiced

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a medium sized saucepan over medium heat and once hot, add the olive oil and butter. Add the onion and cook until lightly brown and translucent, about 4-5 minutes.
3. Add the garlic, parsnips, carrots, and spices and continue to cook for about 3-4 minutes longer, taking care not to burn the garlic.
4. Add the apples and vegetable stock, scraping up any browned bits on the bottom of the pot. Bring the mixture to a boil, then cover with a lid and simmer for about 8-10 minutes until apples, parsnips and carrots are soft and tender, when pierced with a fork.
5. Remove pan from heat and transfer the soup to a large blender and blend until smooth and velvety. Work in batches, as needed. It's best to remove the center piece from the blender top and cover with a towel when blending hot liquids to prevent spills and overflow.



CHEF'S NOTES

Sweeter apples are best for this recipe to help balance out the natural spiciness of parsnips. Try Honeycrisp, Fuji, or Gala!

Parsnips are good source of vitamin C – ½ cup of raw parsnips contain 28% of your daily recommended intake of vitamin C. Vitamin C is important for immune function, making this soup perfect for colder weather.

Dip your favorite crusty bread or sandwich in this soup for a hearty meal.

- Combine the Greek yogurt and lemon juice in a small bowl until yogurt becomes a pourable consistency. Top each serving of soup with 1 tablespoon of the yogurt mixture and enjoy.

Nutrition Facts	
8 servings per container	
Serving Size	1 cup (288 g)
Amount per serving	
Calories	170
% Daily Value *	
Total Fat 7g	9%
Saturated Fat 2g	11%
<i>Trans Fat</i> 0g	
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 27g	10%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 60mg	5%
Iron 0.8mg	4%
Potassium 500mg	11%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Recipe adapted from *Fuss Free Flavours*, "Easy Parsnip & Apple Soup" (4/8/22)

