

Parsnip soup.

(Serves 6)

Ingredients:

2 tablespoonfuls Olive Oil (or other vegetable oil)
2 cloves Garlic (crushed)
1 medium Onion or 1 Leek
500gms Parsnips (1bag)
½ Cauliflower (Optional or could use couple of small potatoes)
1 Vegetable Stock Cube
1½ litres Boiling Water
Salt and Pepper
Dash of balsamic vinegar to balance the sweet flavour of the parsnips.



Method:

1. Prepare vegetables by washing or peeling if necessary, and chopping.
2. Heat oil in large pan and fry the garlic & onion for a few minutes before adding the other chopped vegetables.
3. Stir fry together for 5 minutes making sure they do not stick to the pan.
4. Add the boiling water to the stock cube in a measuring jug and dissolve it.
5. Add to the pan and stir well.
6. Now put in the salt and pepper and simmer the whole lot for 20 minutes.
7. Take off the heat and use a blender to blitz the ingredients to a smooth consistency.

Serve sprinkled with fresh chopped herbs and fresh bread and butter as a nutritious light meal.

To vary the soup add 1tbs curry powder to the vegetables when frying for Curried Parsnip Soup.

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