

## TURNIP PARSNIP SOUP

### *Ingredients:*

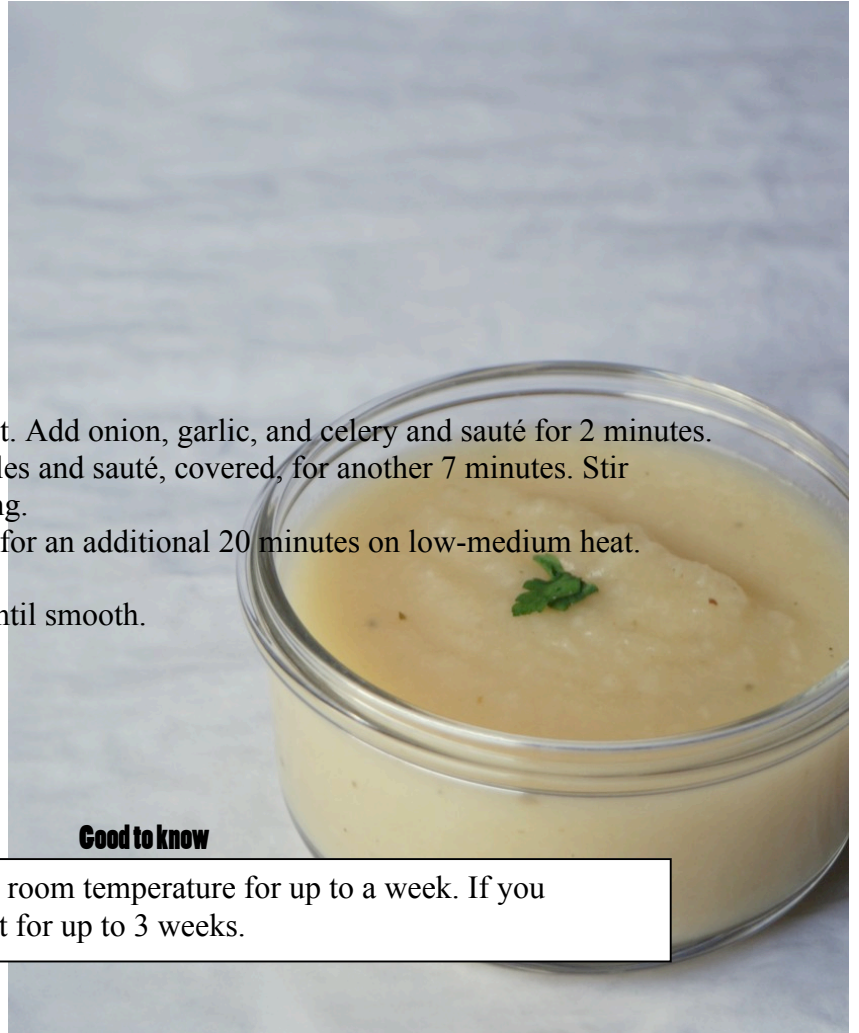
1 onion, peeled and diced  
2 cloves garlic, minced  
2 Tbsp olive oil  
2 turnips, peeled and diced  
4 parsnips, peeled and diced  
1 carrot, peeled and diced  
1 celery stalk, diced  
1 large potato, peeled and diced  
4 cups vegetable stock  
Salt  
Pepper

### *Instructions:*

- Heat oil in a medium sized pot. Add onion, garlic, and celery and sauté for 2 minutes.
- Mix in the remaining vegetables and sauté, covered, for another 7 minutes. Stir occasionally to prevent burning.
- Add the stock and mix. Cook for an additional 20 minutes on low-medium heat.
- Add salt and pepper to taste.
- Blend in the food processor until smooth.

Serves 4

**Tip: add some extra seasoning to this soup for additional flavour. Experiment with bay leaves, mint, basil, curry powder and coriander seeds.**



### **Good to know**

Turnip can be stored at room temperature for up to a week. If you refrigerate it, it will last for up to 3 weeks.