

# **PARSNIP SOUP or CARROT SOUP**

*This recipe can also be used to make soup from any root vegetable, including potato, swede, or turnips.*

## **Ingredients**

3 small parsnips OR 3 large carrots OR a mix of both

1 tablespoon vegetable oil

2 cloves garlic

1 large onion, peeled and chopped

1 pint water

1 stock cube (vegetable, beef, or chicken)

½ teaspoon of medium curry powder

Pinch white pepper

Big pinch salt

Splash of double cream (optional)

## **Method**

Peel and chop the onion as small as you can get it and crush or chop the garlic finely.

Peel and dice the parsnips/carrots into small pieces (or other vegetable).

Heat up a saucepan. If you have one with a lid, that is ideal. Gently cook the onions and garlic in oil on a low heat.

When onions are golden brown, add the curry powder and cook for another 3 or 4 minutes on a very low heat. If you get this too hot, the garlic and the curry will burn and turn bitter.

Add in the chopped parsnips/carrots/other veg and cook for 3 minutes.

Add the water and crumble in the stock cube. Place the lid on the pan. Cook on a simmer for about an hour until the vegetables are

completely soft.

Leave to cool. When it is safe to do so, gently mash the vegetables in the soup with a potato masher to thicken the liquid. DO NOT do this whilst soup is hot.

Add the cream and stir in. Reheat gently to serve.

Soup will keep in fridge for 4 days or can be frozen in batches.