

Carrot Parsnip Soup with "Snips"

Parsnips add tons of flavor to the carrots in this soup. As you prep the parsnips for the soup, slice the narrow ends of the parsnip for your "Snips". Chop the remainder of the parsnips and carrots so they are the same size for even cooking. They will get pureed later, so they don't need to be pretty.

The "Snips" are delightful as a garnish. The concentrated flavor of the parsnip will enhance the flavor of the soup. Make lots of snips, because you are going to love them.

1 cup+	narrow parsnip ends, thinly sliced	1 large	onion, chopped
3 cups	parsnips, peeled and chopped	7 cups	vegetable broth
3 cups	carrots, peeled and chopped	¼ teaspoon	salt and pepper to taste
2 Tablespoons	olive oil, divided	1 Tablespoon	thin sliced fresh chives or green onion

- 1 Peel parsnips and carrots. Thinly slice the narrow parsnip ends for your Parsnip "Snips". Set aside. Chop the remaining parsnips and carrots into small similar size chunks so they will cook evenly.
- 2 Heat 1 tablespoon olive oil in soup pot over medium low heat. Add onion, cover and cook until tender, about 7 minutes. Add the chopped carrots and parsnips along with the broth. Bring to a boil. Reduce heat to low, cover and simmer for about 30 minutes or until vegetables are tender. Remove from heat.
- 3 In batches, ladle soup mixture into a blender and blend until smooth. Keep hand on top of blender lid to prevent it from blowing off from the steam. Remove carefully to let steam escape. Pour pureed carrot mixture into another pot and repeat. Taste and stir in salt and pepper. If you are using canned stock, you may not need salt. With fresh stock, you will need more. Do not leave the salt out, as it enhances the flavors without tasting salty.
- 4 While soup is cooking, make the "Snips". Place the parsnip slices on a baking sheet and coat them with olive oil, salt and pepper. Place in a 375° oven for about 5-10 minutes or until they are golden brown. Cool them on a paper towel lined plate.
- 5 To serve, ladle the soup into bowls and garnish with the "Snips" and sliced fresh chives or green onions.

Servings: 6

Preparation Time: 15 minutes

Cooking Time: 37 minutes

Total Time: 52 minutes

Nutrition Facts

Nutrition (per serving): 330 calories, 83 calories from fat, 9.4g total fat, 2.9mg cholesterol, 2047.9mg sodium, 1019.2mg potassium, 54.7g carbohydrates, 10.2g fiber, 8.2g sugar, 8.8g protein.

Source

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