

Carrot Parsnip Soup



**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

Scan for interactive recipe

Serves: 6

Prep: 10 minutes | **Cook:** 1 hour

INGREDIENTS

- 1 teaspoon cooking oil
- 2 1/2 cups onion, diced
- 4 medium parsnips, diced
- 3 cups water
- 6 medium carrots, diced
- 2 (14 ounce) cans low sodium vegetable broth
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

1. Heat 1 teaspoon of oil in a large pot over medium heat. Add onion and cook for 10 minutes, stirring occasionally.
2. Add parsnips, water, carrot, and broth. Bring to a boil. Reduce heat, and simmer 50 minutes or until vegetables are tender.
3. Place half of mixture in a blender. Blend until smooth. Pour into a large bowl. Repeat with other half of mixture. Stir in salt and pepper. Serve.



Nutrition Information

Serving Size: 1/6 of recipe

Calories	111
Total fat	1g
Saturated Fat	0.1g
Cholesterol	0mg
Sodium	244mg
Carbohydrates	24g
Fiber	6g
Sugar	9g
Protein	2g

Recipe adapted from: New York Times Cooking