



Parsnip / Root Vegetable Soup

This is a hearty soup and a great filler . Root vegetables contain starch as well as fibre so it's a great filler and is perfect alone or like below add some protein like butter beans / shredded chicken breast to make a complete meal .

Serves 4-6 persons

Ingredients:

- Olive oil
- 3-4 parsnips
- 2 red onions quartered
- 2 cloves garlic chopped
- 3 carrots chopped
- 1 celery stick chopped
- ½ butternut squash chopped
- ½ sweet potato chopped
- 500ml water

Flavour Release:

- Sea salt
- Black Pepper
- Medium curry powder
- Fenugreek
- Cumin
- Garam masala

Method:

- In a baking tray add ½ red onion to be used with sliced parsnip. Drizzle with olive oil and spices and roast for 30 minutes in 150 oven – cover with foil to avoid burning.
- Heat olive oil in a large saucepan



- Add remaining red onion, 1 carrot, celery and saute of 15 -20 mins in 100ml of water at a low heat
- Add squash and sweet potato and rest of the carrots
- Add roasted parsnip
- Add all your flavours, remaining water , bring to the boil , reduce and simmer slowly for 20-30 mins.

Optional: To make a fuller meal / quick nutritious evening meal:

- Add 1 tin of butter beans to the soup
- 1 x lean chicken breast shredded over the soup