

Carrot & Parsnip Soup w/Walnuts & Parsley

Preparation time: 20 minutes

Cooking time: About 20 minutes

Makes: 6 (1 cup) servings

*2 tbsp olive or vegetable oil
2 medium carrots, peeled and sliced
2 medium parsnips, peeled and sliced
1/2 medium onion, sliced
1 garlic clove, chopped
2 tbsp all-purpose flour
1 tsp dried sage leaves (not ground sage)
4 cups chicken or vegetable stock
1/2 cup light cream
salt and white pepper to taste
1/3 cup walnut pieces, lightly toasted (see Note below)
1 tbsp chopped fresh parsley*

Heat the oil in a pot set over medium heat. Add the carrots, parsnips, onion and garlic and cook 5 minutes. Mix in the flour and sage, and cook 2 minutes more. While stirring, slowly pour in the stock. Bring to a simmer. Simmer until the vegetables are quite tender, about 10 minutes.

Puree the soup in a food processor or blender, or in the pot with a hand (immersion) blender. Return the soup to a simmer. Mix in the cream and heat through a minute or so. Season the soup with salt and pepper. Pour into bowls, top with walnuts and parsley, and serve.

Note: *To toast the walnuts, place in a non-stick skillet and set over medium heat. Cook the walnuts 4 to 5 minutes, or until lightly toasted.*