



# Creamy Parsnip Soup

## Ingredients:

- 2 Tablespoons butter
- 3 leeks (Halved sliced and cleaned )
- 2 Tablespoons olive oil
- 1 kg parsnips (peeled and sliced 1cm thick)
- 4 Cups chicken or veggie stock
- 1 cup water
- 1 cup cream
- 1 cup parsley (chopped)
- salt and pepper to taste
- Sour Cream for serving

## Method:

Wash and dry the leeks thoroughly. Melt the butter in a soup pot over medium heat and saute the leeks briefly, then turn the heat down to low and cover. Cook until soft, stirring occasionally.

Add the olive oil to the pan. Add the parsnips along with a teaspoon of salt and stir and coat with the butter and olive oil. Add the water and stock and bring to a boil. Reduce heat and simmer until the parsnips are tender, about 30Mins. Remove from heat.

Puree the soup until completely smooth using a hand held blender or in a regular blender in batches. Add the cream and return to heat, cooking until heated through. Stir in the chopped parsley and salt and pepper to taste.

Serve the soup garnish with sour cream.



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# Enjoy!



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