

Carrot and Parsnip Soup

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Parsnips and carrots are both naturally sweet yet savoury - and they are a brilliant match for each other. In this soup, roasted carrots and parsnips combine with veggie stock, herbs and seasonings to create a deliciously thick and creamy soup, perfect for winter.

Ingredients:

300g parsnips
300g carrots
1 onion
50g butter
1 litre vegetable stock
Salt and pepper
1 tbsp. each marjoram, parsley and thyme

Directions:

1. Peel the carrots and parsnips. Toss with a little oil, salt and pepper and place in a foil lined baking tray. Roast at 200C for 20-30 minutes until tender and golden.
2. Finely dice the onion. Melt the butter in a large saucepan. Add the onion and fry gently for 10 minutes until golden and tender. When the carrots and parsnips are cooked, add to the pan along with the stock. Bring to a simmer and cook for 10-20 minutes, or until the vegetables are completely tender. Add the herbs. Blend the soup until smooth using a hand blender or in a food processor. Season to taste with salt and pepper.

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