



Rutabaga and Parsnip Soup

From: Kevin Schokora

Serves: 8

Prep Time: 15 min

Cook Time: 1 hour

Instructions

- 1) Preheat oven to 400°F (200°C).
- 2) Toss rutabaga, parsnips, and carrots with 2 tablespoons olive oil and season with salt and pepper.
- 3) Roast for 30–35 minutes, tossing occasionally, until tender and slightly browned.
- 4) In a pot, heat remaining oil over medium-high heat. Sauté onion, celery, and garlic until tender (5–6 minutes).
- 5) Add roasted vegetables, stock, thyme, nutmeg, cardamom, salt, and pepper. Simmer covered for 25–30 minutes.
- 6) Puree with an immersion blender or transfer to a blender until smooth.
- 7) Stir in coconut milk and heat through. Adjust seasoning.
- 8) Serve garnished with green onions, nutmeg, and a drizzle of olive oil.

Notes

- Safety Notes: Use a blender with a secure lid when processing hot liquids.
- Substitutions: Replace coconut milk with cashew cream for a nut-based alternative.
- Storage: Refrigerate for up to 5 days or freeze for up to 3 months.
- Pro Tips: Roasting brings out the natural sweetness of root vegetables. For a richer flavor, use homemade stock.

Ingredients

- Rutabaga: 1½ pounds, peeled and cubed
- Parsnips: ¾ pound, peeled and cubed
- Carrots: 2, cubed
- Olive oil: 3 tablespoons, divided
- Onion: 1, diced
- Celery: 2 stalks, diced
- Garlic: 3 cloves, sliced
- Low-sodium vegetable stock: 6 cups (1.4 L)
- Thyme: 6 sprigs
- Nutmeg: 2 teaspoons, freshly ground
- Cardamom: 1 teaspoon, ground
- Heavy Cream: 1 cup of Heavy Cream
- Butter: 2 Tablespoons
- Salt and pepper: to taste
- Green onions: for garnish
- Bacon: for garnish

