



**Alan Bartlett
and Sons Limited**
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Carrot And Parsnip Soup

This delicious soup has a light and fresh flavour, but its hearty texture make it ideal for a warming winter lunch. You can use a dollop of cream to finish the soup off or a little yogurt to counteract the sweetness of the parsnip.

Ingredients

- 3 large carrots
- 2 pints of vegetable stock
- 2 large parsnips
- 1 large onion
- 2 tbsp natural yogurt
- 1 tbsp olive oil
- 1/2 tsp cumin (optional)

Method

1. Chop the onion and sauté in olive oil for 5-10 minutes until soft and golden.
2. Add the carrots and parsnips (cubed) and the stock, cover and simmer for 30 minutes.
3. Leave to cook for 15 minutes and puree the mixture.
4. Stir in the cream or yogurt and cumin if required.

