

Pea, Mushroom, and Turnip Chowder

3 tbsp olive oil
2 cups yellow onion, chopped
6 cups vegetable stock
3 cups cubed turnips (3-4 large turnips), peeled/cut into 1" cubes
2 tsp salt
1 tsp pepper
1 package frozen peas
1 cup thinly sliced mushrooms
Dash of red pepper flakes
Fresh parsley

1. Heat 6-8 quart pot, add 2 tbsp of oil and sauté onions for 5 minutes, stirring often.
2. Add 4 cups of vegetable stock and the turnips, red pepper flakes, salt, and pepper. Cover and bring to a boil, reduce to simmer, and cook for 10 minutes, or until turnips are tender.
3. Add peas, mushrooms, and remaining stock to the pot and cook for another 5 minutes.
4. Garnish with parsley.

Yield: 8 cups

From: Adapted from *The Great American Detox Diet*