



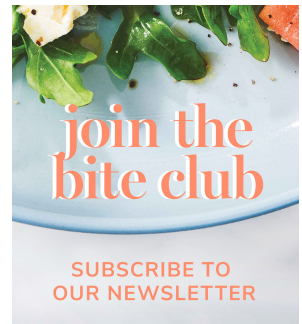
roasted sweet potato, parsnip & apple soup

How do you pump up the flavor in your soup? Roast the vegetables, as evidenced in this extremely easy and tasty Sweet Potato, Parsnip & Apple Soup. The sweetness of the roasted potatoes and parsnips, combined with intense apple cider and mild shallots, creates a hearty and delicious soup that is guaranteed to deliver satisfying spoon after spoon.

SERVES: 6



julie albert & lisa gnat



ingredients

- 6 cups sweet potatoes, peeled and cubed
- 1 cup parsnips, peeled and cubed
- ¼ cup chopped shallots
- 2 small garlic gloves, chopped
- 2 tbsp olive oil
- ½ tsp kosher salt
- ½ tsp ground cumin
- 7 cups vegetable broth
- 1½ cups apple cider
- 2 tbsp butter
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper
- Granny Smith apple, chopped for garnish
- Italian flat leaf parsley, for garnish

directions

1. Preheat oven to 425°F. Line a baking sheet with parchment paper. In a large bowl, toss sweet potatoes, parsnips, shallots, garlic, olive oil, ½ tsp salt and cumin together. Pour onto prepared baking sheet and roast 30 minutes, stirring after 15 minutes. Remove from oven and set aside.
2. In a large soup pot, bring vegetable broth and apple cider to a boil over medium-high heat. Add sweet potato mixture and simmer for 10 minutes. Remove from heat and using a handheld or countertop blender, puree until smooth. Return to soup pot over medium heat and stir in butter, ¼ tsp salt and pepper. Garnish each soup bowl with diced apple and parsley.

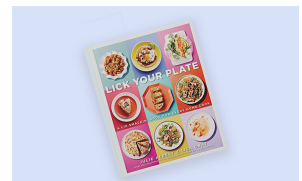
“A first-rate soup is more creative than a second-rate painting.”

— ABRAHAM MASLOW

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