Curried Carrot and Parsnip Soup

From – Moosewood Restaurant Low-Fat Favorites

1 ½ cups chopped onions
3 garlic cloves, minced or pressed
1 tbls grated fresh ginger root
¼ tsp salt
1 tsp canola or other vegetable oil
½ tsp ground cinnamon
½ tsp turmeric
1 tsp ground coriander
1 tsp ground cumin
pinch of cayenne
1 cup unsweetened apple or pear juice
4 cups water or vegetable stock
2 cups peeled and sliced carrots
2 cups sliced parsnips
1 cup orange juice
salt & ground black pepper to taste

plain nonfat yogurt
chopped fresh cilantro
finely chopped scallions

• In a large soup pot saute onions, garlic, ginger and salt in the oil for 5 minutes.
• Add the cinnamon, turmeric, coriander, cumin and cayenne.
• Cook for another minute or two.
• Pour in the apple or pear juice, stir to deglaze the pan.
• Add the water or stock, carrots and parsnips.
• Cover and simmer for 20 minutes or until the vegetables are soft.
• Using a stick blender, puree’ the vegetable mixture with the orange juice.
• Stir in the lemon juice and salt & pepper taste.
• Gently reheat to serve hot or chill for at least 3 hrs to serve cold.
• This soup is especially delicious with a dollop of yogurt, a sprinkling of cilantro or scallions, or all three.

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