

# Cauliflower, Carrot and Parsnip Puree

From – *nomnompaleo.com*

4 Tbsp butter, divided  
3/4 lb parsnips, coarsely chopped  
2/3 lb carrots, coarsely chopped  
1 ½ lb cauliflower florets, coarsely chopped  
4 whole garlic cloves  
1/2 onion, coarsely chopped  
1/2 cup chicken broth  
1/2 cup water  
Kosher salt  
Freshly ground pepper

- Melt 3 Tbsp of butter in a large stock pot over medium heat.
- Add parsnips, carrots, cauliflower, garlic, onion, broth, water, and bring to a boil.
- Simmer covered for 25-30 minutes until vegetables are mushy.
- Add salt, pepper and last Tbsp of butter and puree with an immersion blender.



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