

Curried Carrot and Parsnip Soup

From – *Moosewood Restaurant Low-Fat Favorites*

1 ½ cups chopped onions
3 garlic cloves, minced or pressed
1 tbs 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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