



Roasted Parsnip Soup

By Eating Well

Ingredients:

- 2 pounds parsnips, peeled and woody core removed (see Tip)
- 2 pears, peeled and cut into eighths
- 1 small yellow or white onion, peeled and cut into eighths
- 1 tablespoon canola oil
- 1 [teaspoon](#) salt, divided
- 1/4 teaspoon freshly ground pepper
- 1 cup balsamic vinegar
- 2 1/4 [cups](#) reduced-sodium chicken broth, or vegetable broth
- 2 1/4 cups low-fat milk (or plain almond milk or coconut milk)

Preparation:

Active Time: 40 minutes

Total Time: 1 hour

1. Position rack in lower third of oven; preheat to 450°F.
2. Toss parsnips, pears, onion, oil, 1/2 teaspoon salt and pepper in a roasting pan. Roast, stirring every 10 minutes, until very soft and starting to brown, about 40 minutes.
3. Meanwhile, boil vinegar in a small saucepan until syrupy and reduced to about 1/4 cup, 10 to 14 minutes. (Watch the syrup carefully during the last few minutes of reducing to prevent burning.) Remove from the heat.

Puree half of the parsnip mixture with broth in a blender until very smooth; transfer to a large saucepan. Puree the other half with milk until very smooth. Add to the saucepan and stir in the remaining 1/2 teaspoon salt. Reheat the soup over medium heat, stirring often, about 5 minutes. Gently reheat the balsamic syrup if it has become thicker than syrup while standing. Ladle the soup into bowls and drizzle with the balsamic syrup. **6 servings, generous 1 cup each.**

Tips & Notes

- **Tip:** Remove the fibrous, woody core of parsnips before using: quarter parsnip lengthwise and cut out the core with a paring knife. Nutrition

Per serving: 250 calories; 4 g fat (1 g sat , 2 g mono); 8 mg cholesterol; 49 g carbohydrates; 0 g added sugars; 7 g protein; 9 g fiber; 515 mg sodium; 687 mg potassium. **Nutrition Bonus:** Vitamin C (50% daily value), Folate (27% dv), Calcium & Potassium (19% dv).