



Turnip, Parsnip, Pear and Maple Soup

Recipe Gluten-free, dairy-free (casein-free),
hypotoxic and vegan

By: Cuisine l'Angélique

YIELD : **2 LITRES (8 cups)**
PREPARATION: **20 MINUTES**
COOKING: **40 MINUTES**

INGREDIENTS

- 45 ml (3 tbsp) olive oil
- 1 yellow onion, chopped
- 390 g (3 cups) turnip, peeled and cubed
- 3 parsnips, peeled and cubed (about 300 g)
- 65 ml (1/4 cup) water
- 2 medium potatoes, peeled and cubed (about 350 g)
- 750 ml (3 cups) chicken broth (or vegetable broth for vegan version)
- 30 ml (2 tbsp) maple syrup
- 5 ml (1 tsp) sea salt
- 0.5 ml (1/8 tsp) pepper
- 450 g (3 cups) peeled pears, cubed

PREPARATION

1. In a large saucepan, heat oil. Brown the onion for about 3 minutes. Add turnip, parsnips and water, cover and cook over low heat for about 5 minutes, stirring frequently.
2. Add potatoes, broth, maple syrup, salt and pepper.
3. Bring to a boil, cover and simmer for 20 minutes over low heat. Add pears, cover and simmer again for 10 minutes or until vegetables are tender.
4. In a blender, reduce to desired consistency and adjust seasoning to taste.



We often forget to include turnips and parsnips on our menus. This delicious soup will allow you to enjoy the exquisite sweetness of these root vegetables.