

Glowing Carrot Soup with Roasted Parsnip Garnish

Glowing Carrot Soup

- 1 T olive oil
- 1 large onion, diced (or 2 medium)
- 2 stalks celery, sliced
- 2 lbs carrots, peeled and sliced
- sea salt and freshly ground pepper
- 2 garlic cloves, minced
- 2 T chopped dill, more to garnish
- 6 c soup stock

In a large pot over medium heat, heat oil. Add onion and celery, cook, stirring occasionally, until softened, for 7 minutes. Add garlic, cook, stirring, for 1 minute. Add the carrots and cook, stirring once or twice, for 5 minutes. Season with salt and pepper.

Add stock and bring to a boil, then simmer on low for 20 minutes.

Cool, then purée in a blender. Garnish with Roasted Parsnip Carrot Garnish and fresh chopped dill. Serves 8 - 10.

Roasted Parsnip Carrot Garnish

- 1 lb parsnips, peeled, diced small
- 2-3 carrots, peeled, diced small
- 1 T olive oil
- sea salt and freshly ground black pepper

Preheat oven to 400F.

Combine all ingredients in a large parchment lined baking pan. Roast for 30 - 35 minutes, mixing 3 or 4 times, until softened and lightly browned. Scatter on Glowing Carrot Soup, use as a side dish or include in a grain recipe.

Jittery Cook