

# Roasted Parsnip Soup

## Ingredients

2 Tbsp olive oil

2 cups chopped shallots

3 cups coarsely chopped parsnip (about 1 pound)

3 cups vegetable broth

$\frac{1}{4}$  tsp salt

$\frac{1}{4}$  tsp freshly ground white pepper

1 Tbsp chopped fresh thyme

1 tsp maple syrup

## Procedure

1. Heat 1 tsp of oil in a medium-size pot, add the shallots, and cook for 10 minutes or until tender. Add chopped parsnips, maple syrup and vegetable broth to a boil. Reduce heat, and simmer for 30 minutes or until vegetables are tender. Remove from heat and let stand 5 minutes.
2. Place the broth in a blender and process until smooth. Pour pureed parsnip mixture into a large bowl. Repeat the procedure with remaining parsnip broth. Stir in salt and pepper. Season to taste. Set aside and proceed to the second soup.  
(Note: use caution when pureeing hot liquids.)

