

# Roasted Parsnip Soup

Prep Time: 10 minutes

Cook Time: 30-40 minutes

Author: adapted *Good Food recipe*

## Ingredients

- 2 Tbsp olive oil
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- ½ tsp turmeric
- ½ tsp mustard seed
- 1 onion, cut into 8 chunks
- 2 cloves garlic, peeled
- ½ tsp salt, plus more to taste
- 1 ½ lb parsnips, peeled and diced
- 2 plum tomatoes, halved and cored
- 5 cups vegetable stock
- 1 Tbsp fresh lemon juice and zest
- Pepper to taste

Garnish, optional

- Pepitas
- Parsley, fresh chopped
- Lemon zest

## Instructions

Heat oven to 425 degrees. Place parsnips, onion, garlic and tomatoes in bowl with oil, spices and salt, toss until evenly coated. Take out parsnips and spread out into one layer on baking pan, making sure there's room between each piece so they roast, not steam.

Roast for 15 minutes then toss. Add halved tomatoes, onions, and garlic to baking pan and continue roasting another 15-25 minutes until parsnips, onion, garlic and tomatoes are tender, depending on the thickness of your diced parsnips.

Add cooked vegetables and 2 cups stock to blender and process. Continue adding stock until desired consistency reached. Pour into sauce pan and heat until simmering. Season with pepper and salt to taste. Remove from heat and stir in lemon juice.

Serve warm and garnish with pepitas, chopped parsley and lemon zest.