

## Curried Parsnip Soup



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>kcal</b>

### Stuff that's in it:

- 800G Parsnips (Peeled And Chopped)
- 250G Carrots (Peeled And Sliced)
- 1 Celery Stick (Sliced)
- 1 Large Brown Onion (Chopped Roughly)
- 1 Tsp Oil
- Xxx Xxx (Xxx)
- 2 Cloves Garlic (Chopped)
- 1 Tsp Mild Curry Powder
- 1.2 Ltr Vegetable Stock

### What you do:

You're gonna need a large casserole dish.

Heat and squirt oil, add your onion, celery and garlic and gently sweat for a few minutes, add the carrot, mix well, add the parsnips and fry up for a few minutes.

Add the curry powder, then pour the veg stock all over, bring to the boil and simmer for around 20 minutes.

Allow to cool then blitz with a stick blender or a food processor.

### **Nutrition**

- Carbs: 35g
- Fat: 4g
- Protein: 5g

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