

## Creamy Curried Parsnip Soup



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>	<b>10 minutes</b>	<b>15 minutes</b>	<b>25 minutes</b>	<b>194 kcal</b>

### Stuff that's in it:

- 1 Onion , Chopped
- 2 Garlic Cloves (Chopped )
- 1 Carrot (Chopped)
- 6 Parsnips (Around 700G) (Chopped)
- 10G Curry Powder (Mild )
- 1 Litre Vegetable Stock
- 100Ml Single Cream
- Small Bunch Parsley (Fresh)
- 200Ml Water (Optional)
- Croutons
- 2 Slice Sourdough (Cubed)
- 1 Tsp Garlic Granuals
- 1/2 Tsp Sweet Paprika
- 1/2 Tsp Dried Oregano
- 1 Rasher Crispy Bacon (Crushed )

### What you do:

Heat a large pan and add the butter , melt then add the onions and sauté gently for a few minutes

Add the carrots, garlic and parsnips and fry for a couple of minutes to soften.

Add the curry powder and parsley , mix the add the stock, stir well, bring to a simmer, add the lid and cook for around 25 minutes until everything is soft.

Cool slightly , add the cream and blitz in a food processor or use a stick blender

Finish by adding a little water to thin if desired,

\*I added around 200ml and it was still thick.

Serve with crispy cooked bacon and garlic croutons

\*Croutons very easy

Just slice sourdough bread into cubes, toss with garlic granuals, oregano and a pinch of paprika , then squirt or toss in a little oil and air fry on 180c for around 5-6 minutes or desired crispiness

### **Nutrition**

- Carbs: 27g
- Fat: 7g
- Protein: 5g
- Fibre: 10g
- Saturated Fat: 3g

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