



Roasted Pear & Parsnip Soup

INGREDIENTS

1 lb parsnips, peeled and cut into thin strips
Olive oil, salt and pepper
2 medium pears, peeled and cut into thin strips
3 TBS butter
1 rib celery, diced
¼ cup onion, diced

4 cups vegetable broth
1 Bay leaf
1 TBS cinnamon
2 TBS maple syrup
Salt and freshly ground pepper

DIRECTIONS

Preheat oven to 425F. Peel the parsnips. Scatter parsnips onto a baking sheet. Drizzle with olive oil and season with salt and pepper. Roast in preheated oven for 15 minutes. Remove parsnips from oven and flip them over. Add the pear strips. Return the parsnips and pears to the oven and roast another 15-20 minutes, or until parsnips are tender. Let the parsnips to get a bit golden, but don't scorch. Remove the smaller/thinner pieces early if they are tender. In a large pot or Dutch oven, melt butter over medium heat. Add chopped celery and onion and cook, stirring, about 3-4 minutes or until the onion is tender. Add the broth, bay leaf, cinnamon, maple syrup, roasted parsnips and pears. Bring to a boil, then reduce heat to medium-low and simmer soup for 20-30 minutes. Using an immersion blender, puree the soup until smooth. Season to taste with salt and freshly ground pepper. Serves 5; 200 calories each.