

Roasted Apple & Parsnip Soup



Ingredients:

- 2 lbs parsnips, peeled, cut into 1/2-inch sticks
- 2 green apples, peeled, cut in thick slices
- 2 tbsp olive oil
- salt to taste
- 1 russet potato, peeled, cut in 8 pieces
- 6 cups chicken broth (or combo with water)
- 1/2 cup milk
- pinch of cayenne

Directions:

1. Preheat oven to 450 degrees. Spread parsnips and apples on a foil-lined baking sheet; drizzle with olive oil and sprinkle generously with salt and gently toss to coat.
2. Bake for 30 minutes, until very tender and caramelized on the edges.
3. Transfer to a soup pot and add potato and broth and bring to a boil on high heat.
4. Reduce heat and simmer for 30 minutes, until potatoes are very soft.
5. Using an immersion blender, blend until smooth. Or, use a blender in several small batches and blend until smooth. If after blending, it seems a bit fibrous, pour through a strainer.
6. Stir in milk. If soup is a bit thick for your liking, add a bit of broth. Bring soup up to a simmer.
7. Add cayenne and salt to taste.