



PARSNIP AND LEEK SOUP

SERVES 4

INGREDIENTS

25grms(1oz) butter
1 onion - chopped
450grms(1lb) parsnips - diced
225grms(8ozs) potatoes - diced
2 leeks - sliced
25grms(1oz) flour
600ml(1pt) vegetable stock
300ml(1 /2pt) milk
salt and pepper

Optional: 50grms(2ozs) mature Stilton cheese/cheddar-grated

METHOD

1. Melt butter in a large pan on hotplate and lightly fry onion.
2. Stir in parsnips, potatoes and leeks. Continue frying for 2- 3 minutes.
3. Add flour and stir well.
4. Pour in stock and milk slowly-season to taste and stir all ingredients together.
5. Bring to boil, half cover with lid and simmer for 1 hour.
6. Remove from hotplate, blend half the soup in food processor/liquidiser/stick blender and then repeat.
7. Serve into warm bowls and sprinkle with grated cheese.

No food processor? - use a sieve or potato masher.

Parsnips are a good source of vitamin C, also adding minerals to the diet.
Leeks contain iron important for red blood cells, so can help fight anaemia.
Both vegetables are high in fibre.

