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Root Vegetable Soup

Root vegetables, like carrots and parsnips, make the perfect base for a hearty soup. They're nutritious with plenty of fiber and budget-friendly since they can be stored much longer than other fresh produce. They're also incredibly versatile, making it easy to add cancer-fighting vegetables to any meal. This dish features the lesser-known celery root (also known as celeriac). This odd-looking root is a favorite for its interesting blend of crisp celery and parsley flavors.

Celery Root and Parsnip soup

- 1 small celery root
- 1 Gala apple, peeled
- 1 Tbsp. unsalted butter plus 1 tsp.
- 1 tsp. canola oil
- 1 cup chopped carrots
- 1 cup chopped onion
- 3/4 cup peeled and chopped parsnips
- 1 tsp. ground cumin
- 1/2 tsp. ground cardamom
- 1/2 tsp. ground ginger
- 3 cups low sodium chicken broth
- Salt and freshly ground black pepper

Place celery root on its side and cut off top and bottom. Stand celery root upright and cut away peel in vertical strips from top to bottom following its shape to expose white flesh. Rinse celery root and chop into roughly 3/4-inch pieces, measuring out 2 cups. Store remaining celery root in bowl of water with squirt of lemon juice to use later in salad or stir-fries. It keeps for up to 2 days.

Core apple and cut into 4 quarters. Chop three of the quarters and set aside. Cut fourth quarter lengthwise first into 3 slices, then stack and thinly cut slices crosswise to form small triangles. Set aside for garnish.

In large saucepan, melt 1 tablespoon butter with oil over medium heat. Add celery root, carrots, onion and parsnips, mixing until they look shiny. Cook until onion is translucent, about 5 minutes, stirring occasionally. Cover pot tightly and cook for 8 minutes, until vegetables are very moist. Mix in cumin, cardamom and ginger. Add chopped apple pieces and stir to combine. Pour in broth, and bring to boil. Cover, reduce heat and simmer soup until vegetables are very soft, 20 minutes. Let cooked soup stand, uncovered, for 10 minutes.

Carefully transfer hot soup to blender. Cover, wrap dishtowel around top of blender and purée soup until smooth and velvety, starting low and finishing at high speed. You may need to do this in two batches. Season soup to taste with salt and pepper.

In small skillet over medium heat, melt remaining 1 teaspoon butter. Add reserved apple and cook until shiny and slightly softened, about 3 minutes. Remove from heat.

To serve, divide soup among 4 soup bowls. Spoon one-fourth of sautéed apple into center of each bowl. Serve soup immediately.

Makes 4 servings.

Per serving: 176 calories, 7 g total fat (3 g saturated fat), 26 g carbohydrate, 6 g protein, 5 g dietary fiber, 159 mg sodium.

