



**Alan Bartlett  
and Sons Limited**

Quality at our roots.

## Carrot and parsnip soup

This soup is light and fresh in flavour with a hearty texture, ideal for a winter lunch. You can use cream to finish the soup off, but yogurt as an alternative counteracts the sweetness of the parsnip.

### Ingredients:

(serves 4)  
3 large Carrots  
2 Pints of Vegetable Stock  
2 large Parsnips  
1 large Onion  
2 tbsp Natural Yogurt  
1 tbsp Olive Oil  
1/2 tsp cumin (optional)

### Method:

- ①. Chop the onion and sauté in olive oil for 5-10 minutes until soft and golden.
- ②. Add the carrots and parsnips (cubed) and the stock, cover and simmer for 30 minutes.
- ③. Leave to cook for 15 minutes and puree the mixture.
- ④. Stir in the cream or yogurt and cumin if required.

If you have any recipes that you have made using our carrots, parsnips or onions then we would love to hear from you so we can share them through our website. Please email [recipes@alanbartlettandsons.co.uk](mailto:recipes@alanbartlettandsons.co.uk)

