

Parsnip Soup

Rich and creamy parsnip soup recipe with roasted vegetables. Easy 35-minute comfort food perfect for cold weather. Vegetarian and vegan options included.

15	35	50	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Parsnip Soup

Ingredients

- 1 tbsp olive oil
- 1 onion
- 2 clove garlic
- 1 lb parsnip
- 2 potato
- 4 cup vegetable broth
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp oregano
- 1 cup heavy cream

Instructions

- 1 Prepare the vegetables**

Peel and chop 1 onion into small dice. Peel and mince 2 cloves garlic. Peel 1 lb parsnips and 2 potatoes, then chop both into 1-inch chunks.
- 2 Cook the aromatics**

Heat 1 tablespoon olive oil in a large pot over medium heat. Add the chopped onion and cook, stirring occasionally, until soft and translucent, about 5 minutes.
- 3 Add the minced garlic and cook, stirring constantly, until fragrant, about 30 seconds.**
- 4 Add vegetables and broth**

Add the chopped parsnips and potatoes to the pot. Stir to coat with oil and cook for 2-3 minutes. Pour in 4 cups vegetable broth and bring to a boil over high heat.
- 5 Simmer until tender**

Reduce heat to medium-low and simmer, partially covered, until the parsnips and potatoes are very tender and easily pierced with a fork, 20-25 minutes.
- 6 Blend the soup**

Remove pot from heat. Using an immersion blender, blend the soup directly in the pot until completely smooth, about 2-3 minutes.

Alternatively, carefully transfer soup in batches to a regular blender and blend until smooth.

7 Finish and season

Stir in 1 cup heavy cream, 1 teaspoon fresh thyme, 1 teaspoon salt, and 1 teaspoon black pepper. Return pot to medium-low heat and simmer gently for 3-5 minutes to heat through and blend flavors.

8 Taste and adjust seasoning with additional salt and pepper as needed. Serve hot.

Tips

For the smoothest texture, ensure parsnips and potatoes are completely tender before blending - they should easily mash with a fork.

Roast the parsnips at 400°F for 25-30 minutes before adding to the soup for deeper, caramelized flavors with nutty undertones.

When using a regular blender, work in small batches and remove the center cap, covering with a kitchen towel to allow steam to escape safely.

Add cream at the end of cooking to prevent curdling, and avoid boiling once cream is added - gentle simmering is key.

Enhance the soup's natural sweetness with a pinch of nutmeg, ground ginger, or a bay leaf during cooking.

For extra richness, sauté the onions until golden brown rather than just translucent - this adds depth to the final flavor.

Thin the soup with additional warm broth if needed, and always taste and adjust seasoning after blending as flavors can become muted.

Garnish with crispy leeks, toasted nuts, or a swirl of herb oil for restaurant-quality presentation and added texture contrast.