



Creamy Roasted Parsnip & Pear Soup

Jean Trebek's Reliable Recipes
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Soup is always considered a comfort food and this recipe certainly fits the bill. I love the sweet/nutty flavor of roasted parsnips and when paired with roasted pears, it gives this soup an extra charming flavor.

If you decide to freeze a portion of this soup, take out whatever amount is going to be frozen before you add the cream or milk...as freezing cream or milk never defrosts well. You can easily serve this soup along side a salad, muffin or piece of French bread..it's both elegant and comfy, which is why I enjoy it so much..

Ingredients (8 Servings)

- 4 Parsnips, peeled, cut into a large dice
- 3 Pears, peeled, cored, and cubed
- 4 Garlic Cloves
- 4 T. Olive Oil, divided
- 2 t. Coarse Salt
- Coarse ground Pepper
- 1 Onion, diced
- 2 Russet Potatoes, peeled and diced
- 2 celery stalks, diced
- 1 t. Fresh Thyme Leaves
- 8 C. Chicken Broth
- 1 C. Heavy Cream (or canned coconut milk, for dairy free)

Directions:

Preheat the oven to 400 degrees F.

Toss the parsnips, pears, and garlic with 2 T. Olive Oil and the coarse salt. Place on a baking sheet lined with parchment paper and roast in preheated oven for 25-30 minutes, or until lightly caramelized on top. Make sure to turn the parsnips over to ensure even roasting.

While the parsnips and pears are roasting, add the remaining 2 T. olive oil to a stock pot and heat to medium/high. Add the onion, potato, and celery to the hot oil and saute for 2-3 minutes, until onions are translucent.

Add the thyme and saute for another 30 seconds.

Add the chicken broth and roasted parsnips and pears to the stock pot and bring to a boil. Reduce to a simmer, cover, and let simmer for about 20 minutes, or until vegetables are very tender.

Let cool slightly.

Puree the soup (in batches, if needed) in a blender or food processor (carefully! Soup will be hot!) for at least 1 minute per batch, so that the soup is silky smooth.

Pour pureed soup back into the pot and stir in the heavy cream. Bring back to a simmer over medium/high heat. Taste soup and adjust seasonings, if desired.

Garnish with blue or feta cheese crumbles and thyme sprigs.

Enjoy!

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