Roasted Apple & Parsnip Soup

Ingredients:

2 lbs parsnips, peeled, cut into 1/2inch sticks

2 green apples, peeled, cut in thick slices

2 tbsp olive oil

salt to taste

1 russet potato, peeled, cut in 8 pieces

6 cups chicken broth (or combo with water)

1/2 cup milk

pinch of cayenne

Directions:

- Preheat oven to 450 degrees. Spread parsnips and apples on a foil-lined baking sheet; drizzle with olive oil and sprinkle generously with salt and gently toss to coat.
- 2. Bake for 30 minutes, until very tender and caramelized on the edges.



- **3**. Transfer to a soup pot and add potato and broth and bring to a boil on high heat.
- 4. Reduce heat and simmer for 30 minutes, until potatoes are very soft.
- 5. Using an immersion blender, blend until smooth. Or, use a blender in several small batches and blend until smooth. If after blending, it seems a bit fibrous, pour through a strainer.
- 6. Stir in milk. If soup is a bit thick for your liking, add a bit of broth. Bring soup up to a simmer.
- 7. Add cayenne and salt to taste.

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