



Spiced Parsnip Soup

1 onion chopped

25 g Butter or 1 tbsp oil

700 gm Peeled & chopped Parsnips

1 tbsp Mild Curry Powder

Salt & Pepper

850 ml Veg Stock or Water

Fry onion gently in butter for 5 mins.

Add parsnips and curry powder, stir to coat. Add stock or water and simmer until soft. Season to taste, cool slightly and blend.

Sandy Young