

Root Vegetable Soup



After the dust had settled following our Thanksgiving dinner and a couple of days of leftovers, we found we had a few uncooked vegetables still in the crisper—a turnip, some large carrots, and sweet potatoes. We started to think about making a soup with these, so we looked around to find some ideas what to do with them. After 1-2 attempts, we came up with a delicious mixture that everybody seemed to really enjoy.

INGREDIENTS:

- ¼ cup olive oil
- 1 medium sweet onion diced
- 2-3 cloves of garlic chopped
- 8-10 cups of mixed root vegetables—we use a mixture of turnips, parsnips, carrots, sweet potatoes, and butternut squash (I cheat and buy the diced squash, the same as when I use it in risotto).
- 2 boxes of vegetable broth or 8 cups if you have your own like we do a lot of the time.
- 1/3 cup pearl barley
- 1 teaspoon dried thyme
- ½ teaspoon black pepper
- 1 teaspoon sea salt
- Dash of dill
- 2 cups baby spinach or chopped kale

Heat the olive oil in a large Dutch oven—I use our large La Cueset, over a medium heat. Add the onions and cook until they start to get soft, 5 minutes. Add the garlic for 1-2 more minutes. Add the root vegetables and cook over medium heat for 5-10 minutes, stirring frequently.

Add all the broth, the seasonings and the barley. Bring to a boil and then simmer for about 30 minutes. Vegetables should be soft but not mushy.

Take a cloth and cover the pot. Then using an immersion blender, puree about 1/3 to ½ the vegetables. There should be plenty of veggies but this will help to thicken the soup. If it becomes too thick, add water or more broth.

Once soup is the right consistence, add the spinach (or kale) until it is wilted, about 2 minutes. Serve hot with a nice warm baguette. You can top with more olive oil or lemon juice if desired.