

# PEOPLE'S KITCHEN

## Winter Spicy Parsnip Soup Recipe



### Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 celery sticks, chopped
- 1 clove garlic, finely chopped
- 1 tbsp fresh ginger, grated
- ½ tbsp curry powder
- 500g parsnips, chopped
- 250g carrots, chopped
- Vegetable stock
- 4 teaspoons double cream

### Method

Heat the olive oil in a pan over a medium heat. Add the onion, celery sticks, garlic and ginger, and cook for 5 minutes. Stir in the curry powder and cook for a further 5 minutes. Add the parsnips and carrots. Pour in the vegetable stock, cover and simmer for about 30 minutes until the vegetables are tender. Purée the soup in batches, adding more stock, if desired, to get the right consistency.



People First Tameside  
Suite 3, St Michael's Court,  
St Michael's Square, Stamford Street,  
Ashton - under-Lyne OL6 6XN  
Tel: 0161 308 3699  
Email: [speakup@pftameside.org](mailto:speakup@pftameside.org)  
Charity No: 1087319