

Creamy Potato, Parsnip, Roasted Onion Soup FIT

Serving Size: 8 fl oz

Makes 8 servings

Ingredients:

4 oz	Red Onions, diced
¾ tsp	Canola Oil
1 tsp	Thyme Leaves, fresh
2 ¼ tsp	Canola Oil
4 oz	Yellow Onions, chopped
1 lb.	Potatoes, peeled, diced
7 oz	Parsnips, medium diced
1 quart	Low Sodium Vegetable Broth
1/3 cup	Half & Half Cream
1 ½ tsp	Kosher Salt

Preparation:

1. Toss red onions with ¾ tsp oil and thyme leaves. Spread onions on a parchment lined sheet tray and bake in a 350°F oven until lightly browned and tender, about 15 minutes. Set aside.
2. Heat 2 ¼ tsp oil in a large stock pot. Add yellow onions and cook slowly until lightly browned.
3. Add potatoes, parsnips, and vegetable broth. Bring soup up to a simmer and continue cooking until potatoes and parsnips are very tender.
4. Remove soup from heat and puree using an immersion blender until smooth.
5. Return soup to heat. Stir in half & half, red onions, and salt. Bring soup up to a light simmer just to heat through.

NUTRITION FACTS

PER SERVING

calories	120
total fat (g)	4
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	420
total carbohydrate (g)	20
dietary fiber (g)	2
sugar (g)	4
protein (g)	2

 **RD APPROVED**



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