

# Potato, Parsnip, and Ginger Soup

Recipe By *Sina Mizrahi*



Cooking and Prep:  1 h

Serves:  4

Contains:   

**Preference:** Dairy

**Difficulty:** Easy

**Occasion:** Chanukah

**Diet:** Gluten Free, Sugar Free, Vegetarian, Pescetarian

**Source:** Relish by Binah Magazine

Growing up in Montreal, the winters felt undesirably endless. The charm of snowflakes coating the ground and painting our city white quickly dissipated when we'd feel the biting chill of the cold air. Thankfully, my mother always had something hot and comforting to serve us. These recipes are inspired by those meals. Enjoy a bowl of this hearty soup when you crave the comfort of a warm winter meal. This creamy soup has a nice, rich texture, yet is surprisingly lightweight. The fresh ginger adds a subtle tanginess and the thyme deepens the taste, giving it an earthy herbed flavor. A bowl topped with croutons and cheese makes a perfect companion to any sandwich.

## Ingredients (13)

### Main ingredients

- 4 large red-skinned potatoes, peeled and diced
- 2 parsnips, peeled and diced
- 1 carrot, peeled and sliced
- 2 celery stalks, sliced

- 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
  - 4 cups vegetable stock
  - 2 tablespoons **Bartenura Olive Oil**
  - 1 teaspoon salt
  - 1/2 teaspoon black pepper
  - 1 teaspoon fresh or 1 cube **Dorot Gardens Frozen Ginger**
  - 1/2 teaspoon dried thyme (*optional*)
  - herbed croutons
  - grated Parmesan cheese
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## Start Cooking

### For the Soup

1. In a large pot, heat the olive oil over medium heat. Add the parsnips, carrot, celery, garlic, salt, and pepper. Coat in the oil and cook until the vegetables are slightly tender.
2. Add the potatoes and vegetable stock. Cover the pot and bring the liquid to a boil.
3. Reduce to a simmer and cook until the vegetables are soft, approximately 40-45 minutes.
4. Remove from heat and purée using an immersion blender. Season with fresh ginger and thyme, and add a little more salt and pepper, according to taste.
5. Ladle into bowls, and top with croutons and grated cheese. Serve.