

Turnip & Sweet Potato Soup

PREP TIME: 15 MIN | COOK TIME: 60 MIN | SERVINGS: 4

INGREDIENTS:

- 2 Tbsp oil
- 1 1/2 cups onion, chopped
- 2 garlic cloves, minced
- 3 small turnips, washed, peeled, and diced into 1/2-inch cubes (total 1/2-lb)
- 6 medium sweet potatoes, washed, peeled, and diced into 1/2-inch cubes (total 2-lbs)
- 2 stalks celery, diced
- Salt and pepper, to taste
- 3 cups water or stock
- 1 tsp nutmeg (optional)

RECIPE NOTES:

Add crushed crackers for extra crunch or enjoy with a slice of toasted bread!

*Can substitute fresh garlic with 1 Tbsp garlic powder

DIRECTIONS:

1. Heat oil in a large pot over medium-low heat.
2. Once oil is hot, add onion and garlic. Cook for 5 minutes, or until fragrant, soft, and translucent.
3. Add turnips, sweet potato, celery, salt and pepper. Cook for 10 minutes, stirring occasionally.
4. Add water or stock of your choice and bring to a boil. Once boiling, reduce heat to low, cover pot, and simmer for 45 minutes, or until all vegetables are tender.
5. Transfer mixture to blender and puree until smooth. Pour back into pot, stir in nutmeg, and heat for another 5 minutes. Taste and adjust seasoning as needed before serving!



RECIPE ADAPTED FROM
COOKFORYOURLIFE.ORG