

# Roots and Such Soup Bar

A delicious way to please, warm, and nourish all the eaters in your home. Serves 6-8 people. The soup is a base and you can display all the toppings, letting people choose what ingredients they want added to their personal soup. Enjoy!

## **Soup**

3 Medium parsnips chopped  
1 Medium onion chopped  
2 Medium carrots chopped  
1 Medium apple peeled, cored, and chopped  
1 t. salt  
6 C. water

Add all ingredients to 6 cups of water in a 6-quart saucepan. Boil until soft, about 25 minutes. Let cool for 15 minutes and then puree in a blender.

## **Cream**

½ C. soaked cashews  
1 C. water to blend cashews  
Add cashews and water to a clean blender and puree until smooth. This can either be added as a topping, to be swirled into the soup, or added to the entire pot before serving.

## **TOPPINGS**

### **-Mushrooms**

4 C. mushrooms (I used portobello)  
¼ C. olive oil for sautéing  
Dash of salt  
Sauté over heat until lightly browned

### **-Garlic**

1 bulb garlic, peeled, minced  
2 T. olive oil for sautéing  
Dash of salt  
Sauté lightly for 1 minute or less

### **-Spinach**

3-4 C. spinach chopped  
1 T. olive oil  
Dash of salt  
Sauté for 1 minute or less, until the leaves wilt

**-Dried Cranberries or Pomegranate berries 1 C.**

**-Grated carrots ½ C.**

**-Bell pepper minced 1 C.**

**-Jalapeno minced ½ C.**

Recipe by Kelly Pomeroy