

Leek and Parsnip Soup

Ingredients

2 tablespoon olive oil
4 large leeks sliced
4 cloves garlic finely chopped
6 medium parsnips peeled and chopped
Pinch nutmeg if liked
3 litre vegetable stock
Salt and pepper to taste
Small handful flat leaf parsley finely chopped

Instructions

1. Heat olive oil in a large saucepan.
2. Add leeks and sauté for 10 minutes over a medium heat until soft. Stir often.
3. Put your cloves of finely chopped garlic into the pan, stir well and cook for a further minute.
4. Stir through parsnips and add nutmeg.
5. Add hot vegetable stock and bring to the boil.
6. Reduce the heat to a simmer, cover and cook for 10-15 minutes until the parsnips are soft.
7. Allow to cool a little and then blend.
8. Return to the pan once blended and reheat. Season to taste with salt and pepper.
9. Serve with crusty bread and some finely chopped parsley.