

Mushroom Barley Soup



Total:55 mins **Prep:**15 mins **Cook:**40 mins **Servings:**4 to 6 servings

This heart-healthy recipe for whole foods mushroom barley soup is a great vegan variation on the classic dish found in most eastern European and Jewish restaurants. Strengthening for digestion and excellent for building the blood, mushroom barley soup is a wonderful, warming, fall/winter food.

Barley is a rich source of plant fiber and nourishes intestinal health, as well as lowering cholesterol and being an excellent source of nutrients. We love the addition of dried shiitake mushrooms for their medicinal and healing value: they are purported to improve immunity, strengthen the heart and cardiovascular function, and aid in the body's detoxification process. You can certainly substitute a rich bone broth (grass-fed beef broth or a good homemade free-range chicken broth add to the richness and nutritive value if you're thus inclined).

This soup is a cost-effective meal in itself, and invites plenty of variation: feel free to add a parsnip, turnip, rutabaga, sweet potato, or leek to this soup. Serve it with a green salad and a nice hunk of sourdough bread, and you've got a meal.

To our gluten-free friends: substitute Job's Tears or short grain brown rice for the barley, which is one of the top gluten-containing grains.

Ingredients

3 tablespoons olive or untoasted sesame oil
1/4 ounce dried shiitake mushrooms (soaked in 1 cup hot water)
1 1/2 pounds assorted mushrooms (creminis mixed with at least 6 ounces shiitakes, sliced)
1/4 cup shallots (chopped)
1 small onion (chopped)
1 stalk celery (diced)
1 carrot (diced)
1/2 cup pearled barley
4 cups vegetable stock (or water)
4 tablespoons tamari
1 branch fresh thyme
1 bay leaf
Sea salt to taste
Freshly ground pepper to taste
Garnish: chopped fresh dill

Steps to Make It

Heat the oil over medium flame in a large, heavy-bottomed saucepan or 3-quart pot.

Drain the soaked shiitakes, reserving liquid.

Chop the shiitakes fairly fine and add them to the pot along with the sliced mushrooms, chopped shallots, onions, celery, carrot, and barley.

Increase the heat to medium high, and cook vegetables, stirring often, until the mushrooms have browned and the vegetables are beginning to soften, about 10 minutes.

Add the soaking liquid from the dried shiitake mushrooms, vegetable stock, tamari, thyme, and bay leaf. Bring to a boil, reduce heat, cover, and simmer 40 minutes. Add more water or stock if the soup seems too thick.

Check the soup for seasoning and add a pinch of sea salt and freshly ground pepper if needed.

Remove the thyme branch and bay leaf. Sprinkle the soup with dill and serve.

Enjoy!

Tip

This soup holds well—and is even better the next day—but will thicken as it sits. Simply add a bit of stock or water when reheating.

Crock Pot Beef and Cabbage Soup With Tomatoes



Total:9 hrs 15 mins **Prep:**15 mins **Cook:**9 hrs **Servings:**4 servings

This delicious cabbage soup is filled with flavor from meaty beef shanks or a few short ribs along with cabbage, carrot, rice, celery, and tomatoes. Use beef broth from a carton or reconstituted bullion if you're short on time, or make it extra special with homemade beef broth. If you use unsalted stock, add some salt to the soup, to taste. The pictured soup was made with short ribs, and we left the rice out. If you want it fast, check out the Instant Pot directions below.

Ingredients

- 1/2 head of cabbage (chopped)
- 1 medium onion (chopped)
- 1 large carrot (thinly sliced)
- 3 to 4 tablespoons converted or long grain rice
- 2 ribs celery (sliced into 1/2-inch pieces)
- 1 teaspoon garlic powder
- 3 cups beef broth
- 1 or 2 meaty soup bones or beef shanks (about 1 pound)
- 2 cans (14 1/2 ounces each) tomatoes (diced)

Steps to Make It

Combine all ingredients in the slow cooker.

Cover and cook on low for 8 to 10 hours.

Taste before serving; add salt and more pepper if necessary. Serve with homemade buttermilk biscuits or crusty bread.

Tip

Instant Pot Directions: This soup can also be cooked in an Instant Pot or a similar electric pressure cooker. Cook on high pressure for 45 minutes.

Creamy Semi-Homemade Chicken Noodle Soup



Total:55 mins **Prep:**15 mins **Cook:**40 mins **Servings:**8 servings
Here's a quick and easy chicken noodle soup recipe, and it's hearty enough for a family meal. Condensed soups and some real cream make this soup rich and creamy while adding fabulous flavor. But it isn't all convenience foods; fresh chopped vegetables, some herbs, and frozen peas and carrots make it nutritious, colorful, and full-flavored.

Serve this delicious chicken noodle soup for lunch or dinner, along with crackers or biscuits and a tossed salad. Feel free to use broken linguini or spaghetti in this dish instead of noodles. Or add about 1 cup of cooked rice to the soup. See the tips and variations for more ideas.

Ingredients

2 tablespoons butter
1 cup onion (chopped)
1 cup celery (chopped)
1/4 cup fresh parsley (chopped; or about 1 tablespoon dried parsley flakes)
2 to 3 cups cooked chicken (diced)
1 (10 3/4-ounce) can cream of chicken soup (undiluted)
1 (10 3/4-ounce) can cream of mushroom soup (undiluted)
5 cups chicken broth (low-sodium)
1 scant teaspoon poultry seasoning
1/4 teaspoon dried leaf thyme
1/4 teaspoon freshly ground pepper
2 cups frozen peas and carrots
1 1/2 cups heavy cream or half-and-half
4 ounces medium noodles (cooked and drained)
Kosher salt (to taste)
Croutons, crackers, or biscuits, for serving

Steps to Make It

Gather the ingredients.

In a large pot or Dutch oven over medium heat, melt the butter. Add onion and celery and sauté until onion is tender.

Add the parsley, chicken, chicken broth, soups, poultry seasoning, thyme, and pepper. Bring to a boil; reduce heat to medium-low and simmer for 20 minutes.

Add the frozen peas and carrots, cover, and simmer for 10 minutes longer.

Stir in the cream or half-and-half, along with the cooked noodles; add salt to taste. Heat through.

Serve the soup with crackers or hot baked biscuits, or top it with croutons or oyster crackers.

Enjoy!

Tips

This is a great soup for a party or potluck. Scale the recipe up and transfer it to the slow cooker for serving. Set the slow cooker on warm.

Recipe Variations

Use diced meat from a rotisserie chicken or buy a package of refrigerated roasted chicken breast strips.

Replace the peas and carrots with a package of mixed vegetables.

Replace the noodles with broken spaghetti or about 1/2 cup of ditalini or another small pasta shape.

Country Bean Soup



Total:4 hrs 20 mins **Prep:**20 mins **Cook:**4 hrs **Servings:**2 to 4 servings

If you are short on time to make this soup, it's fine to take a few shortcuts. For instance, you could skip making the stock and use pre-made chicken stock. You might also substitute canned beans for dried. But if you want the most flavorful soup, taking the time to make your own stock will escalate it to new heights. The richness of flavor comes from the beans soaking up the homemade stock as they cook and, of course, the country ham.

Ingredients

For the Stock:

- 1 large smoked ham hock
- 1 large onion (quartered)
- 1 large stalk celery (cut into 3-inch pieces)
- 1 large carrot (cut into 3-inch pieces)
- 2 bay leaves

For the Soup:

- 1/2 pound navy beans (dried; picked over)
- 1 country ham steak (fat trimmed off)
- 1/2 onion (coarsely chopped)
- 1/2 small stalk celery (sliced into 1/4 inch thick rounds)
- 1 small carrot (sliced into 1/4 inch thick rounds)
- 2 tablespoons bacon drippings (or olive oil)
- 1 tablespoon tomato paste
- 1 1/2 teaspoon rubbed sage
- 1 1/2 teaspoon salt
- 1/2 teaspoon black pepper

1/2 quart water (simmering)

Steps to Make It

Stock:

Place ham hock, quartered onion, large pieces of carrot and celery, bay leaves and peppercorns in a large soup pot.

Add 5 quarts cold water and set over medium heat. Bring to a vigorous simmer (do not boil), reduce heat to low and cover.

Cook for about three hours. And then let it cool.

Pour stock through a strainer into a large bowl. Discard vegetables.

Cut up meat from ham hock into small pieces and add to stock.

Cover and cool to room temperature or overnight in the refrigerator.

Divide stock and freeze half for later use.

Soup:

Heat oven to 300 F.

Heat bacon drippings in an ovenproof soup pot over medium heat.

Add onions, celery, and carrot and saute until onions are translucent.

Add beans and stock to pot along with all remaining ingredients except water.

Place pot over medium heat and bring to a vigorous simmer (do not boil).

Cover and place on a lower, but not the lowest, oven rack. Cook for about 4 hours, checking every hour and adding enough additional hot water to keep beans well covered.

Remove from oven, adjust seasonings and amount of water. Serve with hot sauce on the side.

Note: This soup freezes well if you want to double it and freeze half.

Roasted Carrot, Apple, and Celery Soup (Pareve or Dairy)



Total:55 mins **Prep:**15 mins **Cook:**40 mins **Servings:**4 to 6 servings

Roasting intensifies the flavors and smooths the texture of the vegetables and fruit in this vibrant carrot, apple, and celery soup. It's truly more than the sum of its parts—you probably won't be able to pick out the individual flavors of apple or celery, but both add nuance and depth to the recipe.

While the butter is optional, it pulls the flavors together and adds a touch of richness. If you're serving a dairy meal, it makes a wonderful addition. You don't need much, so choose a high-quality (preferably organic) unsalted butter.

Ingredients

1 pound carrots (peeled, trimmed, halved lengthwise if large, and cut crosswise into 3-inch pieces)

1 large apple (peeled, cored, and cut into wedges)

3 celery stalks (trimmed and cut into 3-inch pieces)

3 tablespoons extra virgin olive oil (divided)

1/2 small red onion (peeled, trimmed, and finely chopped)

3 to 4 cloves garlic (peeled, smashed, and finely chopped)

1-inch piece ginger (peeled and minced)

4 cups vegetable stock

Optional: 1 tablespoon unsalted butter

Salt and freshly ground pepper to taste

Steps to Make It

Preheat the oven to 425 F (220 C).

Place the carrots, apples, and celery in a single layer on a large rimmed baking sheet. Drizzle with 2 tablespoons of olive oil and toss to coat.

Roast in the preheated oven for 25 minutes, turning once midway through cooking, until fairly tender and just starting to caramelize.

In a stockpot or large Dutch oven, warm the remaining tablespoon of olive oil. Add the onion and saute over medium-high heat until it begins to soften and turn translucent, about 5 minutes.

Add the garlic and ginger and saute until fragrant, about 1 minute more. Add the roasted carrots, apple and celery and stir to coat.

Pour in the vegetable stock, raise the heat, and bring to a boil.

Reduce the heat to low and simmer, partially covered, for 15 minutes, or until the vegetables are tender.

Remove from the heat, and using a regular or immersion blender, carefully puree the soup.

If desired, add the butter to the soup and stir until it is melted and evenly incorporated.

Season to taste with salt and freshly ground black pepper.

Use Caution When Blending Hot Ingredients

Steam expands quickly in a blender, and can cause ingredients to splatter everywhere or cause burns. To prevent this, fill the blender only one-third of the way up, vent the top, and cover with a folded kitchen towel while blending.

Recipe Tips

When pureeing the soup, it is much easier to use an immersion blender than a free-standing blender, since you can simply place the immersion blender in the pot of soup, whereas you may have to puree in batches in the regular blender. If using an immersion blender, just be sure to keep the hand-held appliance submerged—otherwise, the soup will splatter all over.

Brown bag your lunch? Tote along a thermos of this soup to go with your favorite sandwich, or a hearty grain salad, like a farro salad with spice roasted chickpeas and cauliflower.

Instant Pot Potato Soup



Total:40 mins **Prep:**10 mins **Cook:**30 mins **Servings:**8 servings
Instant Pot potato soup is creamy, warm, and hearty. It's the perfect soup for the chilly fall and winter months. From start to finish, it's all prepared in one pot! This soup will warm you up while keeping your weeknights sane since you're only 30 minutes away from a delicious and filling meal.

You'll love this potato soup if you're a fan of loaded baked potatoes. Top the soup with chopped chives, shredded cheddar cheese, crispy bacon bits, and a little sour cream. This soup will easily satisfy your creamy soups cravings, especially if you like broccoli cheddar or potato leek soups.

The bacon bits are even cooked in the same pot and the rendered fat gives the most amazing flavor. Serve this soup in a bread bowl or with a simple side salad.

Ingredients

6 slices bacon (diced)
2 tablespoons butter
1 tablespoon olive oil
2 shallots (diced)
2 cloves garlic (minced)
2 tablespoons flour
Salt and pepper (to taste)
1 teaspoon fresh thyme leaves
4 cups chicken broth

6 large russet potatoes (peeled and diced)

2 cups milk

1/2 cup heavy cream

1 cup cheddar cheese (shredded)

2 tablespoons chives (chopped)

Garnish: sour cream

Steps to Make It

Gather the ingredients.

Add the bacon to the Instant Pot. Set the setting to sauté. Sauté for 5 to 8 minutes or until the fat has rendered and the bacon is crispy and brown.

Remove the bacon from the fat with a slotted spoon. Leave the bacon grease behind in the pot insert.

Add the butter, olive oil, and shallots to the pot. Continue to sauté for another 3 to 5 minutes or until lightly browned and softened.

Add in the garlic, flour, salt and pepper (about a teaspoon of each), and the thyme. Stir and sauté for two minutes.

Add the chicken broth to the pot and stir quickly to remove any lumps from the flour. Add in the diced potatoes. Cover the instant pot and set on the Soup/Broth setting for 20 minutes.

Release the steam and then remove the lid. Stir the potatoes until they are mostly broken up. Then stir in the milk and heavy cream.

Bring the soup to a simmer using the sauté button.

Serve in warm bowls immediately with shredded cheddar, chives, and the crispy bacon.

Variations

Instead of the russet potatoes, you can substitute with Yukon gold potatoes. These provide a beautiful color and flavor to the soup. You just need to use about double the amount of the potatoes since they are typically smaller.

You can make this soup vegetarian by leaving out the bacon and substituting the chicken broth with vegetable broth.

- **Tips**

If you want the soup completely creamy you can blend with an immersion blender. Or you can carefully pour the soup into a large blender and blend until smooth.

Easy French Onion Soup



Total:85 mins **Prep:**10 mins **Cook:**75 mins **Servings:**4 servings
Yields:4 bowls

- This easy onion soup is a classic French recipe a crisp bread and ooey-gooey cheese topping. In this version, condensed beef broth gives the soup its bold flavor. If the broth tastes too strong for your tastes, simply add some water. Or use a good quality homemade or store-bought beef stock, preferably low sodium. You can always taste and add extra salt before the soup is ready to serve.

A great-tasting onion soup takes time, so avoid making it if you are in a hurry. Caramelizing onions to a deep, rich, flavorful brown can take 45 minutes or longer. While it takes some time, the soup is easy to fix with just five ingredients and is so delicious and satisfying. This is an excellent soup to serve as for lunch, and it's hearty enough to serve for dinner with a tossed green salad or Caesar salad.

If your soup bowls can stand the heat from the preheated broiler—made with sturdy stoneware, cast iron, or porcelain—you can broil the bread and cheese directly on the hot soup.

Ingredients

3 tablespoons butter

4 cups sliced onions (about 4 to 5 medium onions)

4 (10 1/2-ounce) cans condensed beef broth

4 slices French bread (approximately 1 inch thick)

4 tablespoons Gruyere cheese (shredded, plus more for serving)

Steps to Make It

1. In a large skillet or saute pan over medium-low heat, melt the butter. Sauté the sliced onions for about 30 to 45 minutes, or until very soft and golden brown in color. Stir them frequently. If they are browning too quickly or scorching, turn the heat to low. It takes time to get that sweet caramelization, so don't try to rush it.

In a medium saucepan or Dutch oven, combine the beef broth with the cooked onion and bring to a boil. Reduce the heat to low and cover the pan. Simmer for 25 to 30 minutes.

Meanwhile, heat the broiler and place the French bread slices on a foil-lined baking pan. Toast the French bread about 4 inches from the heat until golden brown on both sides.

Sprinkle each slice evenly with the Gruyere cheese. Return to broiler and broil just until cheese is melted and bubbling.

To serve, pour the onion soup into four individual soup bowls. Float a slice of toasted French bread, cheese side up, in each bowl and sprinkle with extra cheese.

Serve and enjoy!

Glass Bakeware Warning

Do not use glass bakeware when broiling or when a recipe calls to add liquid to a hot pan, as glass may explode. Even if it states oven-safe or heat resistant, tempered glass products can, and do, break occasionally.

Tips

It takes time to caramelize onions to a rich, sweet, golden brown, so it shouldn't be rushed. Keep the heat low or medium-low and turn the onions frequently until they are soft and evenly browned. They should not be crusty or burnt.

French onion soup may be frozen—without the bread and cheese—for up to three months in an airtight container.

To make it in advance, prepare the onions and soup a day or two before you plan to serve it. Prepare the bread and cheese just before serving as you reheat the soup.

Recipe Variations

If you don't have Gruyère cheese or can't find it locally, you may substitute with another type of Swiss cheese such as comté, Emmental, Beaufort, or Jarlsberg. Mozzarella will melt but lacks the flavor of Gruyère. Mild cheddar won't melt as nicely as Gruyere or mozzarella, but it is a good budget-friendly alternative. For more complex flavor, add a splash of dry sherry or Marsala wine to the soup about five minutes before it's ready.

As soon as the French bread is toasted, rub each slice with the cut side of a clove of garlic before topping with cheese. Or spread the bread lightly with garlic butter.

Taste and add a dash of Worcestershire sauce to the finished soup. Thyme goes well with onions. Add 2 to 3 sprigs of thyme to the soup when you add the broth; remove the thyme sprigs before serving. Alternatively, add about 1/2 teaspoon of dried thyme to the soup.

[Low and Slow: A Step-by-Step Guide to Caramelizing Onions](#)How to Caramelize Onions

Think Low and Slow With This Step-by-Step Guide

Caramelized onions are not synonymous with grilled onions. Both have their place and grilled onions can be delicious, but grilling is about high heat and caramelization happens slowly over low heat. Caramelization is a chemical change that makes carbohydrates (e.g. sugars) turn brown when heated to temperatures of 310 F or higher. The best onions for caramelizing are the so-called "sweet" onion varieties:

Vidalia (Georgia)

Walla Walla (Washington)

Sweet Imperial (California)

Oso Sweet (Chile)

Texas Sweet (Texas)

Mayan Sweet (Mexico)

Maui (Hawaii)

Caramelized Onions Ingredients

2 tablespoons olive oil (or clarified butter)

3 onions (sliced thinly)

Heat Oil in a Nonstick Pan

Let the oil get hot for a moment. A general rule of thumb is to use 2 tablespoons of oil for every three onions. If you like, you can use a mixture of oil and butter. Clarified butter is best, since it won't burn as easily as ordinary butter. As long as you don't let things get too hot, your butter won't burn.

As long as we keep things at 310 to 320 F, you can use practically any oil, even olive oil, which has a very low smoke point. But since it's hard to know the exact temperature, stick with butter or a combination of butter and vegetable oil. Coconut oil will work, too.

Add the Sliced Onions

Keep the onions moving around the pan so they don't burn. They'll cook down quite a bit in volume, so it's normal if the pan seems too full at the beginning.

Let the Onions Turn Translucent

As you cook them, the onions will start to soften and turn translucent. The reason sweet onions are used is that they have a higher sugar content and it's the sugar that's actually turning brown. Ordinary yellow onions have some—but not as much—sugar in them and you can certainly caramelize them as well.

Allow the Onions to Soften

By this time the onions will have softened and cooked down to a fraction of their previous size, as the water in them has slowly cooked away.

They'll also have a slightly sticky consistency. That's because of the sugars being released in the onions.

See the golden brown color beginning to develop? You're well on your way to caramelized onion.

Here they are—a rich, golden brown hue and bursting with smoky, sweet onion flavor. Need an excuse to throw a few burgers on the grill?

Delicious caramelized onions like this are all the reason you need.

Here's an appetizer idea as well: get some puff pastry and spread a sheet of it on a baking pan. Brush it with butter, then top it with caramelized onions and chunks of Brie and bake until the cheese is melted and the pastry is puffy and golden brown.

Low-Fat Broccoli Soup



Total:35 mins **Prep:**5 mins **Cook:**30 mins **Servings:**6 servings

Don't let the "low-fat" label of this good-for-you broccoli soup recipe turn you off. It's just as creamy as higher-fat versions and satisfying any time of year on its own for lunch or as a starter to a complete meal.

The trick to adding body to low-fat soups is by using potato and some low-fat or nonfat milk and then whizzing it in a blender.

Ingredients

2 teaspoons olive oil

1/2 medium onion (chopped, about 3/4 cup)

1 stalk celery (chopped)

1 medium Yukon Gold potato (peeled and cubed)

4 cups fresh broccoli (including stems, chopped)

2 cups low-sodium, fat-free chicken broth (or vegetable broth)

1 1/2 cups non-fat milk

Steps to Make It

Heat oil on medium heat in a soup pot or Dutch oven.

Gently sauté onion and celery for 3 to 4 minutes, until onion is softened.

Add potato and chopped broccoli, followed by the broth and milk.

Bring to a boil, then reduce heat, cover, and simmer for 20 minutes, or until vegetables are tender.

Allow soup to cool slightly, then transfer to a blender in 2 to 3 batches, and blend until smooth.

Return soup to pot and heat gently until ready to serve.

Place in bowls and enjoy!

Use Caution When Blending Hot Ingredients

Steam expands quickly in a blender, and can cause ingredients to splatter everywhere or cause burns. To prevent this, fill the blender only one-third of the way up, vent the top, and cover with a folded kitchen towel while blending.

What to Serve With Creamy Broccoli Soup

Even if you plan to serve this soup as a stand-alone dish, every creamy dish needs a little crunchy flavor contrast. But don't sabotage the low-fat theme by serving traditional bread rolls to dip into the soup or croutons sprinkled on top. Instead, choose healthy, low-carb, low-fat sides.

You can try sprinkling your serving of soup with a few tablespoons of grated low-fat cheese or 1 ounce of healthy-fat seeds like poppy, pumpkin, sunflower, or flaxseeds. The seeds can be raw, roasted or dried and will deliver a healthy dose of fiber and protein along with the healthy fats everyone needs.

A side dish of crudité's like carrots, celery, jicama, bell pepper slices also will deliver much-needed crunch. If you're looking for something more substantial to go with your low-fat soup and want to keep the green theme going, this springtime spring roll would be perfect. It's made with fresh asparagus, snap peas, radishes, and green garlic, as well as sprouts and tender lettuces. Include slices of baked tofu, shredded roast chicken, or poached shrimp for added protein, but the spring rolls are just as delicious in their all-veggie state.

Creamy Cauliflower Soup Recipe



Total:30 mins **Prep:**10 mins **Cook:**20 mins **Servings:**6 servings
This cauliflower soup recipe is a simple, puréed soup that's thickened with potato and flavored with garlic, wine, and fresh herbs. It's subtle yet quite flavorful. If you love cauliflower, you'll love this cauliflower soup.

Making this soup with roasted cauliflower is a revelation. Simply roast the cauliflower and prepare the soup as described below, but don't sauté the roasted cauliflower along with the other ingredients. Hold it aside and add it to the soup about five minutes before the potatoes are done.

Ingredients

1 pound fresh cauliflower (outer leaves removed)

1 medium Russet or other starchy potato

2 tablespoons unsalted butter

1 medium onion (peeled and roughly chopped)

1 clove garlic (peeled and crushed)

1/2 cup dry white wine

1 quart vegetable broth or stock

Kosher salt, to taste

Ground white pepper, to taste

1 tablespoons minced fresh chives

1/4 cup heavy cream (hot)

Steps to Make It

Cut cauliflower into (roughly) same-sized pieces, about 1/2 inch to 1 inch thick depending on diameter. Don't worry about precision—the soup is going to be puréed anyway. You just want the pieces to be of uniform size so that they cook evenly. Reserve about a cup of smaller florets.

Peel the potato and cut it into pieces about the same size as the cauliflower.

In a heavy-bottomed soup pot, heat the butter over a low-to-medium heat. Add the onion, garlic, and cauliflower and cook for 2 to 3 minutes or until the onion is slightly translucent, stirring more or less continuously.

Add the wine and cook for another minute or two or until the wine seems to have reduced by about half.

Add the stock and the potato. Increase the heat to medium-high and bring to a boil. Then lower the heat and simmer for 15 minutes or until the cauliflower and potatoes are soft enough that they can easily be pierced with a knife. Don't let them get mushy, though.

Meanwhile, heat a sauté pan with a little bit of oil and sauté the reserved cauliflower florets until they're tender. Season to taste with Kosher salt and set aside.

Remove from heat and purée in a blender, working in batches if necessary. Be careful when you blend the hot soup. Start on a slow speed with the lid slightly ajar to vent any steam, then seal the lid and increase the blending speed.

Return puréed soup to the pot and bring to a simmer again, adding more broth or stock to adjust the thickness if necessary. Add the hot cream and season to taste with Kosher salt and white pepper.

Portion the soup into individual bowls, garnish each bowl with some of the reserved cauliflower and fresh chives and serve right away.

Use Caution When Blending Hot Ingredients

Steam expands quickly in a blender, and can cause ingredients to splatter everywhere or cause burns. To prevent this, fill the blender only one-third of the way up, vent the top, and cover with a folded kitchen towel while blending.

Warning

Steam from hot ingredients can expand quickly in a blender, causing burns and splattering everywhere. To prevent this, fill the blender only 1/3 of the way, vent the top, and cover with a folded kitchen towel while blending.

Recipe Variation

For a yummy variation, stir a cup of grated Gruyère, Emmenthaler or Fontina cheese into the soup just before serving.

Creamy Turnip Soup Recipe



Total:35 mins **Prep:**15 mins **Cook:**20 mins **Servings:**4 to 6 servings

This soup could not be easier to make. Just saute a few aromatics, boil them in broth with the turnips, puree, and add cream. It's warming and comforting and full of flavor. Serve it as a starter to a larger meal, or as the main event with a winter salad and crusty bread for an easy, casual supper.

Ingredients

4 large turnips

2 small onions or leeks

2 cloves garlic

2 tablespoon olive oil or butter

Dash of salt

4 cups chicken or vegetable broth

1/4 to 1 cup heavy cream

Garnish: turnip greens or parsley

Steps to Make It

Peel the turnips, chop them into small chunks, and set them aside.

Peel and finely chop onions or clean and finely chop leeks. Set aside.

Chop garlic and set aside.

Heat the oil or butter in a medium pot over medium-high heat. Add the onions or leeks, sprinkle with salt, and cook, stirring occasionally, until onions are soft, about 3 minutes.

Add the garlic and cook, stirring, until fragrant, about 1 minute.

Add the turnips and broth. Bring everything to a boil. Reduce the heat to maintain a steady simmer and cook until the turnips are very tender about 10 minutes.

In a blender, whirl the soup until very smooth, at least 2 minutes per batch. (Tip: Cover the lid of the blender with a kitchen towel to prevent burns.)

Return the soup to pot and add the cream. Adding just 1/4 cup will smooth out the edges of the soup; the more you add the thicker and more luxurious the soup will become. Add salt to taste.

Garnish with shreds of thinly cut turnip greens or parsley, if you like.

Serve the soup hot.

Use Caution When Blending Hot Ingredients

Steam expands quickly in a blender, and can cause ingredients to splatter everywhere or cause burns. To prevent this, fill the blender only one-third of the way up, vent the top, and cover with a folded kitchen towel while blending.