

# ROOT VEGETABLE SOUP

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Leading the effort to eliminate  
hunger in our community

Yield: 6 servings | Total Preparation Time: 90 minutes



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## Ingredients

- 2 Tablespoons oil
- 1 medium onion, chopped
- 4 ribs of celery, chopped
- 4 cups chicken stock
- 1/2 lb of rutabaga, peeled and chopped
- 1/2 lb of potatoes, peeled and chopped
- 1/4 - 1/2 cup of heavy cream
- Salt and pepper to taste



## Instructions

1. Heat oil in large pan over medium heat for 5 minutes
2. While pan is heating, dice your onion, celery, and carrots
3. Add oil to pan, then add in the chopped onion, celery, and carrots
4. Cook until tender
5. Peel and dice your rutabaga and potatoes
6. Add stock along with your diced rutabagas and potatoes and simmer on low heat for 30 to 60 minutes
7. Turn heat off and mash soup with a potato masher or a cooking spoon until it reaches a desired consistency
8. Add your cream, salt, and pepper to taste

**Rutabaga** - This vegetable can be boiled and mashed, oven roasted, or thrown into a hearty soup. Rutabagas have a texture like a potato with a flavor that is similar to a turnip and a cabbage. They are sweeter than turnips.

### How to tell if it's a rutabaga or a turnip?

Rutabagas are bigger than turnips. Turnips are generally white with a purple gradient toward the top, while rutabagas are yellow with a brown or purple-brown tinge toward the top.