

Turkey & Cranberry Soup with Parsnips & Carrots

Adapted significantly from the Covent Garden Soup Company's Book of Soups

Internet address:



Servings: 4

1. In a large soup pot heat butter and oil, then add parsnips, carrots, potatoes (if using) and shallots. Cook over gentle heat until shallots have turned translucent. Add thyme and rosemary (you'll remove them later, so it's best to leave them on the sprig), the peel from the orange, chicken broth, the larger amount of fresh cranberries and the juice from the orange.
2. Bring to a simmer, reduce to low and cook for about 20-30 minutes, until vegetables are very soft. Remove herb sprigs and discard.
3. Add the soup mixture (yes, including the orange peels) to a blender and puree until smooth. Be careful of a hot liquid - it may blow off the top. Return soup to the pot.
4. Add cream and milk and the smaller amount of fresh cranberries. Taste for seasonings and bring the mixture to a simmer and cook over very low heat until the newly added cranberries are soft, then add turkey, put lid on pot, remove from heat and allow to sit for 3-4 minutes while the turkey heats through. If the mixture is too thick, add more milk or chicken broth to thin it out. Scoop into bowls and garnish with parsley.

- 2 whole parsnips (each about 7" long), peeled, chopped
- 4 small carrots (each about 6: long) organic, peeled, chopped
- 3/4 pound potatoes (optional), in larger chunks
- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 2 large shallots, peeled, chopped
- 1 sprig fresh thyme
- 1 sprig fresh rosemary
- 1 whole Navel orange, peel and juice
- 3 cups chicken broth
- 1/4 cup fresh cranberries, or 2-3 T. cranberry sauce
- 1/2 cup heavy cream
- 3/4 cup 2% low-fat milk
- 1 cup cooked turkey, diced
- 3 tablespoons fresh cranberries
- Salt and freshly ground black pepper to taste
- 1 tablespoon Italian parsley, minced for garnish

Per Serving (excluding unknown items): 533 Calories; 28g Fat (46.0% calories from fat); 20g Protein; 53g Carbohydrate; 10g Dietary Fiber; 86mg Cholesterol; 675mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1/2 Non-Fat Milk; 5 Fat.

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