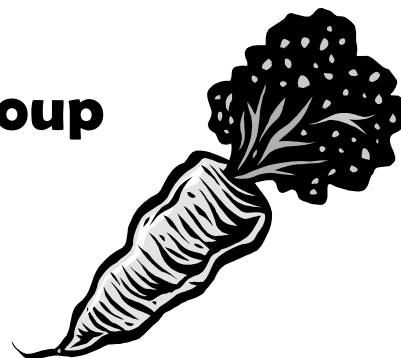




Washington Farmers
Market Nutrition Program

Creamy Parsnip Soup

Serves 2-3



Ingredients:

1 Tbsp butter
1/2 small onion, diced
1 medium potato, diced
1 cup water
1 medium parsnip, diced
2 cups low-fat milk
Salt & pepper to taste

Directions:

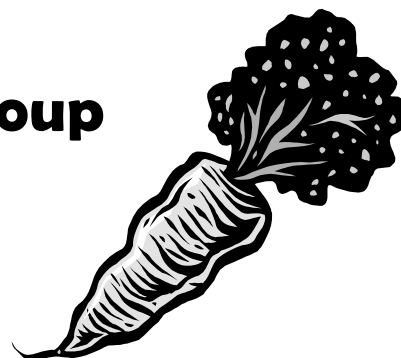
1. Cook onion in butter in a large pot over medium heat until soft.
2. Add potatoes and water. Cover and bring to a gentle boil. Reduce heat and simmer for 10 minutes.
3. Add parsnips and cook for 15-20 minutes.
4. Add milk and heat through.
5. Season to taste with salt and pepper.



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Nutrition Facts	
Serving Size (302g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3.5g	17%
Cholesterol 15mg	6%
Sodium 130mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 5g	19%
Sugars 12g	
Protein 7g	
Vitamin A 10%	Vitamin C 40%
Calcium 25%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Creamy Parsnip Soup

Options

- Substitute carrots for parsnips.
- Use non-fat milk reduce the fat content.
- Substitute vegetable oil for the butter to reduce saturated fat.
- For a thicker soup, puree part of the soup.
- For more flavor, try adding garlic, thyme or your favorite seasoning.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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