

Carrot and Parsnip Soup

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-parsnip-soup-recipe>

Ingredients:

- 1 extra-virgin olive oil tspb
- 1 cup onions chopped
- 1/2 cup celery chopped
- 2 cups carrot chopped
- 2 cups parsnip chopped
- 4 cups broth veggie, you may need more
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon chili powder
- salt
- pepper
- chives for garnishing, optional

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 26 grams
3. Fat: 5 grams
4. Fiber: 7 grams
5. Protein: 8 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1040 milligrams
8. Sugar: 8 grams

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