

# Rustic Turnip Soup

Yield: 8 min  
Total Time: 50 min

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

## Ingredients:

- 2 tablespoons margarine I like Earth Balance
- 1 clove garlic
- 3 turnips
- 1 parsnip
- 2 carrots
- 2 leeks
- 2 potatoes
- 1 pinch thyme rubbed
- 1 pinch nutmeg
- 1/2 cup unsweetened soy milk plain
- 6 cups vegetable broth
- salt
- pepper

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 22 grams
3. Fat: 3 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 880 milligrams
8. Sugar: 7 grams
9. TransFat: 0.5 grams

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