

The Farm at St. Joe's

Turnip and Onion Soup

Ingredients

2-3 Tablespoons olive oil (or more if needed)
1 big onion, finely diced
2 medium-sized young turnips, peeled, roughly diced
1 big potato, peeled, roughly diced
2 ½ cups vegetable stock
1 cup water
Pinch of dry rosemary
Pinch freshly ground nutmeg
Sea salt, to taste
White pepper, to taste



Directions

- 1) In a medium-sized pot, heat the olive oil on medium low heat and sauté the onion until translucent, stirring.
- 2) Add the diced turnips and cook for 2-3 minutes.
- 3) Add diced potato, dried rosemary, vegetable stock and water, increase heat and bring to a boil.
- 4) Once it's boiling, lower heat and continue to simmer until potato and turnips are cooked.
- 5) Turn off heat and allow the soup to cool a bit before adding to the blender.
- 6) Add to blender and blitz until creamy. (You might have to do this in two batches, depending on the size of your jug.)
- 7) Transfer the soup back to the pot and season with sea salt, white pepper and nutmeg.
- 8) Reheat before serving.

Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.

Like this Recipe?

Learn more by taking a cooking class at the Women's Health Center. For a full list of upcoming classes, visit stjoeshealth.org/classes.

Check out our blog for updates and market times at stjoefarm.org



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