



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Parsnip, Carrot & Sweet Potato Soup

Suggestions: a very good soup for winter months rich in minerals and vitamins such as potassium, vitamin A, K, B5, B6 and manganese. It has a sweet and comforting taste that nourishes the body and lifts the spirit.

Instructions



Fry in extra virgin olive oil some chopped onions and mild green chillies.



When the onions are starting to get golden, add the parsnip, carrots and some sweet potatoes cut in very small chunks; stir it all together and let it cook for

a while. Before it all sticks to the pan add some boiling water and let it boil at high heat until the vegetables are soft.

sea salt



wakame



Cut some wakame seaweed finely and add it to the soup with some sea salt. Cook it for a while and then use a mixer to mix it all together and make a nice and smooth cream. Let it cook for another while until it has the thickness you desire.



coriander powder



CUMIN SEEDS

Add some coconut milk, coriander powder, cumin seeds and salt, if necessary. Let it cook for another while.

chive



black



pepper



Serve with some finely chopped chive, some extra virgin olive oil, some black pepper and also add some yeast flakes, if you like them.



If you like this recipe, I would like to read your comments!
Contact me on www.flyinginspiration.com