



©2007. Terri Hill “Beet You to It”

# Parsnip Soup with Curry Spices

(Carrie Orth, Emerson and John Muir Elementary Schools)

Many thanks to Deborah Madison for allowing us to adapt this recipe from *The Greens Cookbook: Extraordinary Vegetarian Cuisine from the Celebrated Restaurant*

## Ingredients:

- 3 to 4 parsnips, about 7 inches long
- 2 tablespoons olive oil
- 1 medium yellow onion, cut into ½ inch squares
- 1 tablespoon curry powder
- 4 tablespoons cilantro leaves, chopped
- 2 to 3 leeks, white part only (8 ounces) chopped
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 teaspoon salt
- 5 to 6 cups low sodium vegetable stock
- ½ cup half and half (optional)
- Whole cilantro leaves, for garnish
- 3 radishes, very thinly sliced, for garnish

## Steps:

1. Scrub the parsnips, trim the tops, and peel them. Quarter them lengthwise and cut out most of the fibrous inner core.

*Continued on back cover*

# December

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Mediterranean Pita Pizza Salad Bar Fresh Fruit 1% Milk	<b>4</b> Sloppy Joes or Vegetable Joes Whole-Wheat Bun Salad Bar Fresh Fruit 1% Milk	<b>5</b> Macaroni & Cheese Fresh Vegetable Salad Bar with <b>Parsnip Soup</b> Fresh Fruit 1% Milk	<b>6</b> BBQ Chicken or Tofu Roasted Potato Fries & Fresh Vegetables Whole-Wheat Roll Salad Bar, Fresh Fruit 1% Milk	<b>7</b> Beef or Vegetable Nachos Rice & Beans Salad Bar Fresh Fruit 1% Milk
<b>10</b> Meat or Vegetable Pizza Salad Bar Fresh Fruit 1% Milk	<b>11</b> Hamburgers or Vegetable Burgers Whole-Wheat Bun Salad Bar Fresh Fruit 1% Milk	<b>12</b> Meat or Vegetable Pasta with Marinara Sauce Fresh Vegetable Salad Bar with <b>Parsnip Soup</b> Fresh Fruit 1% Milk	<b>13</b> Oven-Fried Chicken or Tofu Mashed Potatoes & Fresh Vegetables Salad Bar Fresh Fruit 1% Milk	<b>14</b> Chicken or Vegetable Quesadilla Rice & Beans Salad Bar Fresh Fruit 1% Milk
<b>17</b> Mediterranean Pita Pizza Salad Bar Fresh Fruit 1% Milk	<b>18</b> Tuna Melt on a Whole-Wheat Bagel Salad Bar Fresh Fruit 1% Milk	<b>19</b> Garlic Chicken & Pasta or Vegetable Pasta with Cheese Salad Bar with <b>Parsnip Soup</b> Fresh Fruit 1% Milk	<b>20</b> Turkey or Vegetable Pot Pie with Crumb Topping Salad Bar Fresh Fruit 1% Milk	<b>21</b> Holiday
<b>24</b> Holiday	<b>25</b> Holiday	<b>26</b> Holiday	<b>27</b> Holiday	<b>28</b> Holiday
<b>31</b> Holiday				