

Pear-Parsnip Soup (Serves 6)



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This light yet flavorful soup comes from *Clover Food Lab*, a renowned vegetarian restaurant in Cambridge, Massachusetts (cloverfoodlab.com).

It's also a delicious way to enjoy **pears**, which may be as beneficial as the proverbial apple. A **Dutch study** of over **20,000 people** found that consuming apples and pears was linked to a **lower risk of stroke**. One possible reason? These fruits are rich in **dietary fiber**, which can help **reduce blood pressure**, along with other **anti-inflammatory nutrients**.

Ingredients

- **1 teaspoon** canola oil
- **1 clove** garlic, minced
- **1 medium onion**, roughly chopped
- **1 pound** parsnips, scrubbed and roughly chopped
- **1 medium potato**, peeled and roughly chopped
- **2 quarts** vegetable stock (*homemade or store-bought*)
- **1 bay leaf**
- **1 sprig** fresh thyme, finely chopped

- **½ pound** pears, unpeeled, cored, and roughly chopped
- **½ cup** half-and-half (*optional; can be omitted for a lighter version*)
- **Salt and sugar**, to taste
- **Splash of white wine vinegar**

Instructions

1. **Heat a soup pot** over medium-high heat. Add **canola oil, garlic, and onion**. Cook for about **10 minutes**, stirring occasionally, until softened but **not browned**.
2. Add **parsnips, potato, vegetable stock, bay leaf, and thyme**. Simmer for **15 minutes**.
3. Stir in the **pears and half-and-half (if using)**. Continue simmering for **another 15 minutes**.
4. Remove the **bay leaf** and blend the soup until **completely smooth**.
5. Season with **salt, sugar, and a splash of white wine vinegar**, adjusting to taste.
6. Serve warm and enjoy!

Nutritional Information (Per Serving, Without Half-and-Half)

- **Calories:** 122 kcal
- **Fat:** 1.1g
- **Saturated Fat:** 0g
- **Cholesterol:** 0mg
- **Sodium:** 11mg
- **Carbohydrates:** 27.8g
- **Fiber:** 6.1g
- **Sugars:** 9.3g
- **Protein:** 2g

This soup is **fiber-rich, low in fat, and full of natural sweetness from pears and parsnips**—a perfect, nutritious meal for any season! 🍏✨

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