



## Hearty Rutabaga Soup

Adapted from Bon Appetit - January 1998

### INGREDIENTS:

- 1 tablespoon olive oil
- 1 1/2 cups chopped leek (white and pale green parts only)
- 1/2 cup chopped celery
- 2 garlic cloves, minced
- 2 cups 1/2-inch pieces peeled turnips
- 2 cups 1/2-inch pieces peeled rutabagas
- 2 cups 1/2-inch pieces peeled russet potatoes
- 2 cups sliced carrots
- 1 28-ounce can diced tomatoes in juice (low sodium)
- 2 cartons (28-32 oz each) vegetable broth or chicken broth (low sodium)
- Salt and pepper

### PREP:

1. Heat oil in heavy large pot over medium-low heat. Add leek, celery and garlic and sauté until vegetables begin to soften, about 5 minutes. Add turnips, rutabagas, potatoes, carrots, tomatoes with juices and 1 carton of broth. Bring to boil. Reduce heat; cover and simmer until vegetables are very tender, about 45 minutes.
2. Transfer 4 cups soup to a separate bowl. Mash or puree (with immersion blender) until almost smooth. Return puree to pot. Add remaining 1 carton of broth; bring to simmer. Season with salt and pepper. Ladle soup into bowls and serve.

***Serves 6. Per serving: calories, 189; total fat, 3 g; saturated fat, 0.5 g; cholesterol, 0 mg.***

### NOTES:

- This recipe is very adaptable, so adjust according to the ingredients you have. If you don't have turnips, substitute another root vegetable or simply add more rutabagas and potatoes.
- Sweet potatoes substitute well for russet potatoes.
- Add additional seasonings to taste. Some suggestions include: curry; or oregano, cumin and cayenne pepper; or cinnamon and nutmeg.