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## Creamy Turnip Soup

*Makes 6 servings. Recipe adapted from AARP.*

### Ingredients

4 medium turnips (about 1 1/2 pounds) plus 1 1/2 cups thinly sliced turnip greens or spinach, divided  
2 tablespoons extra-virgin olive oil, divided  
1 tablespoon butter  
1 medium onion, sliced  
1/2 teaspoon dried rosemary  
1/2 teaspoon salt plus a pinch, divided  
1/4 teaspoon freshly ground white pepper plus a pinch, divided  
4 cups reduced-sodium chicken broth  
1/4 cup shredded carrot  
2 tablespoons thinly sliced scallion greens  
2 teaspoons white-wine vinegar

### Nutritional info per serving

Calories:	110
Total fat:	7g
Cholesterol:	5g
Sodium:	659mg
Total Carbs:	10g
Dietary Fiber:	3g
Protein:	4g
Potassium	401mg

### Directions

1. Peel and slice turnips. Heat 1 tablespoon oil and butter in a large saucepan over medium heat. Add onion and cook, stirring, until beginning to brown, about 5 minutes. Add the turnips, rosemary, 1/2 teaspoon salt and 1/4 teaspoon white pepper; stir to combine. Cover and cook, stirring once or twice, for 10 minutes.
2. Add broth, increase heat to high and bring to a boil. Reduce heat to maintain a simmer, cover and cook until the turnips are tender, 10 to 12 minutes more.
3. Meanwhile, toss the turnip greens (or spinach) in a medium bowl with carrot, scallion greens, vinegar, the remaining 1 tablespoon oil and pinch of salt and pepper.
4. Puree the soup in the pan using an immersion blender or transfer to a regular blender and blend until smooth. (Use caution when pureeing hot liquids.) Serve each portion of soup topped with a generous 1/4 cup of the salad.