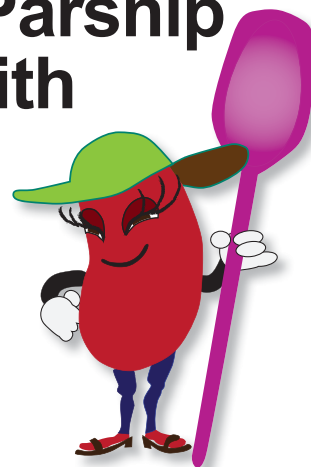


# Beans, Rice And Everything Nice



## Creamy Carrot Parsnip Soup with Fennel and Ginger



original recipe by  
[beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

- 1 teaspoon fennel seed
- 1 small onion, diced
- 1 Tablespoon fresh ginger, minced
- 1 cup red lentils, sorted and washed
- 3 cups water
- 6 medium-large carrots, peeled and diced
- 3 medium parsnips, peeled and diced
- 2 medium-small Yukon Gold potatoes, cubed
- 6 cups water
- Chopped parsley to taste

1. Sort and wash the lentils. Prepare the onions and ginger, and measure the spices.
2. Heat a large soup pot over medium heat and toast the fennel seeds until browned and aromatic. Add the diced onion and cook until the onions are translucent. Stir in the minced ginger.
3. Add the washed lentils and 3 cups of water. Bring to a boil over medium-high heat, reduce heat to medium-low, cover with a lid, and simmer for 15 minutes, until the lentils are really soft. Stir occasionally. Add more water, a little at a time, to prevent sticking, if needed.
4. While the lentils are cooking, prepare the vegetables.
5. When the lentils are ready, add the chopped vegetables and 6 cups of water. Stir to combine. Bring to boil over medium-high heat. Reduce heat to medium-low, and simmer, partially covered, for 15 minutes. The vegetables should be soft.
6. If you have an immersion blender, puree half the solids right in the pot. If not, allow the soup to cool for 10 minutes and then transfer half the solid vegetables to a blender along with 1 cup of the liquid. Blend until smooth.
7. Pour the pureed vegetables back into the soup pot. Add chopped parsley and cracked black pepper to taste. Stir everything to combine. Serve.