My True Village

Parsnip & White Bean Purée

A smooth, rosemary-scented root-vegetable bowl.

MAKES 2 BOWLS · FREEZES WELL · HIGH IN FIBER

Ingredients

- 3 medium parsnips, peeled and diced
- 1 cup cannellini beans, rinsed
- 4 cups low-sodium vegetable stock
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- ½ teaspoon dried rosemary
- Sea salt and black pepper, to taste

Make it

1. Heat the olive oil in a large pot over medium heat. Cook the onion for 4 to 5 minutes, until translucent, then add the garlic for 30 seconds.
2. Add the diced parsnips, rosemary, and stock. Bring to a simmer and cook for about 18 minutes, until the parsnips are easily pierced with a fork.
3. Stir in the rinsed, drained cannellini beans and simmer for 2 minutes to heat through.
4. Take the pot off the heat. Blend until completely smooth with an immersion blender, keeping the blade submerged. Season with salt and pepper, then divide between two bowls and serve warm.

SMOOTH, GENTLE, AND FILLING

Blended soft so it is easy to eat with one hand, and gentle on a tired stomach. Parsnips and white beans are especially high in fiber, a quiet comfort in the early weeks.