

Carrot-Parsnip Soup

With healthy doses of vitamin C in both carrots and parsnips, you're sure to get your recommended daily allowance of immune-system health with this delicious soup. [Debra Brammer, ND](#), clinical dean of naturopathic medicine at Bastyr Center for Natural Health, presented this recipe during a talk called "Herbs to Support Immunity," part of the [Living Naturally lecture series](#) at the clinic. [Watch the talk in its entirety.](#)

Makes 4 Servings

- 3 medium carrots
- 3 medium parsnips
- 1/2 tsp fresh lemon juice
- 1/4 tsp marjoram
- 1/2 tsp salt (or up to 1 teaspoon, to taste)
- water or broth (use enough to cover vegetables)

Cut carrots and parsnips into 1-inch pieces, bring to a boil and simmer in water until vegetables are soft.

Blend into a smooth puree using a food processor, mixer or ricer, adding cooking water as needed for

consistency. Add fresh lemon juice and marjoram. Serve hot.

Note: Yams may be substituted for the carrots.

This soup is warming, nourishing and an excellent companion for rainy and cold Pacific Northwest winter days.