Lori`s Carrot and Parsnip soup

2 large parsnips 2 large carrots

1 onion garlic

Salt and pepper oil

1 litre vegetable stock parsley

Method

1. Finely cut onion and fry in oil in pan. Cook until soft.
2. Add garlic and parsley- as much as you like.
3. Cook for 1 and a half minutes and add chopped carrots and parsnips.
4. Once mixed, add vegetable stock and bring to the boil.
5. Leave to simmer until vegetables are soft.
6. Add to blender and blend until smooth.
7. Can add double cream (Lori doesn`t!)