



Whipped Parsnips

4-6 servings

INGREDIENTS

- 1 cup water, lightly salted
- 2-4 medium parsnips, peeled, large cores removed
- 1 medium potato
- 1 Tbsp oil
- 1/4 teaspoon salt
- Pepper to taste
- 1/4 cup milk, yogurt or sour cream (optional)

DIRECTIONS

1. Peel, core and chop parsnips and potatoes into medium chunks of roughly the same size.
2. Bring water to a boil in a medium saucepan or soup pot, add parsnips and potatoes and cover.
3. After 5 minutes, or when parsnips and potatoes are soft, drain off the water and mash with a potato masher or whip thoroughly with a whisk until the mixture is very smooth.
4. Just before serving add, milk, sour cream or yogurt and mix well.



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