

VEGETARIAN

PARSNIP AND WHITE FAVA BEAN SOUP



Ingredients (For 4 people)

- 2 large parsnips
- 1 onion
- 2 tbsp olive oil
- 400 g white fava beans
- 1 onion
- 1 sprig of sage
- 3 bay leaves
- 1 l vegetable stock
- 1 tbsp sesame seeds
- Salt and pepper

Preparation:

Coarsely chop the parsnips and onion.

Wash the bay and sage leaves.

Drain and rinse the white fava beans.

Sauté the parsnips and onion in the olive oil.

Add the bay leaf, white fava beans, sage and stock.

Season with salt and pepper and simmer for approximately 15 minutes.

Remove the bay leaf.

Blend with a hand blender.

Adjust the seasoning and add water to reach the desired consistency.

Sprinkle with sesame seeds.

