



HEALTHY FOOD
FOR ALL

Kohlrabi Soup

Ingredients

- 3 pounds kohlrabi and/or turnips, peeled and cut into 1-in cubes
- 1/4 cup extra-virgin olive oil, more as needed
- 1 3/4 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 1 large white onion, peeled and diced
- 3 garlic cloves, minced
- 2 cups vegetable or chicken stock (or use water)
- 1 bay leaf
- 1 small lemon
- Grated Parmigian, as needed
- Smoky chile powder, as needed

Instructions

1. Arrange an oven rack 4 to 6 inches from the broiler. On a rimmed baking sheet, toss together kohlrabi, 2 tbsp oil, 3/4 tsp salt and the black pepper. Transfer to oven and broil until very well browned, about 10 minutes total, tossing halfway through cooking. (Watch carefully to see that they do not burn.)
2. Meanwhile, heat the remaining 2 tbsp oil in a medium pot over medium-high heat. Add the onion and cook, stirring frequently, until soft, about 7 minutes. Stir in garlic and let cook for 1 minute.
3. Add roasted kohlrabi, stock, 3 cups water, the bay leaf and 1 tsp salt. Bring mixture to a boil; reduce heat to medium, cover partly, and simmer until tender, about 30 minutes.
4. Discard bay leaf. Using an immersion blender or working in batches in a food processor, purée soup until very smooth.
5. Zest the lemon into the pot, then halve it and squeeze in its juice.
6. Taste soup and add more salt if needed. Ladle soup into bowls and top with a drizzle of oil, grated cheese and a pinch of chile powder.