

EatingWell

Creamy Radish Soup

★★★★☆

Total: 30 mins**Servings:** 4

In this creamy radish soup recipe, radishes are sautéed and pureed with potato, creating a velvety, healthy soup. Cooking radishes also tones down any bitterness, while leaving plenty of sweet, earthy flavors to enjoy. Using smaller radishes will give the soup a pretty pink hue, like the one pictured here, while larger radishes result in an almost white soup.

EatingWell Test Kitchen

Ingredients

2 tablespoons extra-virgin olive oil

2 cups sliced radishes (from 2 bunches), divided

½ cup chopped onion

1 medium Yukon Gold potato (about 8 ounces), peeled and cut into 1-inch cubes

2 cups low-fat milk

½ teaspoon salt

1/4-1/2 teaspoon white or black pepper

¼ cup reduced-fat sour cream

1 tablespoon chopped fresh radish greens or parsley

Directions

Step 1

Heat oil in a large saucepan over medium-high heat. Add 1 3/4 cups radishes and onion and cook, stirring frequently, until the onions are beginning to brown and the radishes are translucent, about 5 minutes. Add potato, milk, salt and pepper to taste. Bring to a boil, stirring occasionally. Reduce heat to a simmer, cover and cook, stirring occasionally, until the potato is tender, about 5 minutes more.

Step 2

Working in batches, puree the mixture in a blender (or in the pan with an immersion blender) until smooth. (Use caution when pureeing hot liquids.)

Step 3

Slice the remaining 1/4 cup radishes into matchsticks. Serve each portion of soup topped with 1 tablespoon sour cream, some radish matchsticks and a sprinkling of radish greens (or parsley).

Tips

Make Ahead Tip: Cover and refrigerate for up to 3 days.

Nutrition Facts

Serving Size: 1 scant cup

Per Serving: 203 calories; protein 6.3g; carbohydrates 22.3g; dietary fiber 2.7g; sugars 9g; fat 10.1g; saturated fat 2.9g; cholesterol 11.9mg; vitamin a iu 381.9IU; vitamin c 19.4mg; folate 39mcg; calcium 200.1mg; iron 0.6mg; magnesium 36.7mg; potassium 609.9mg; sodium 394.9mg; thiamin 0.1mg.

Exchanges: 1/2 starch, 1 vegetable, 1/2 low-fat milk, 2 fat

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