

**RECIPE OF THE WEEK | Creamy Root Soup**

This soup is made with a variety of root vegetables and supplies an assortment of cancer-fighting antioxidants to help prevent free-radical damage. If you've never tried rutabagas before, you'll come to appreciate the subtle and delicious flavor they add.

**Ingredients**

Makes 10 servings

- 3 1/2 to 4 cups water or vegetable broth, divided (1/2 cup, plus 3 cups, plus 1/2 cup)
- 1 large onion, chopped
- 1 large baking potato, chopped
- 2 large carrots, sliced
- 1 medium rutabaga, peeled and chopped
- 1 large sweet potato, chopped
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cumin
- 1/2 teaspoon turmeric
- 1/8 teaspoon crushed red pepper or cayenne pepper
- 4 cups washed, fresh spinach, coarsely chopped

**Directions**

Heat 1/2 cup water or broth in a large pot. Add onion and cook over high heat, stirring often, until soft and translucent, about 5 minutes.

Stir in 3 cups water or broth and remaining ingredients except spinach. Bring to a simmer, then cover and cook, stirring occasionally, until vegetables are tender and the soup is thickened, about 30 minutes.

Stir in spinach and simmer until just tender, about 5 minutes. Add remaining 1/2 cup water or broth, if desired, for a thinner soup.

**Nutrition Information | Per serving (1/2 cup):**

calories: 70; fat: 0.3 g; saturated fat: 0.1 g; calories from fat: 3.3%; cholesterol: 0 mg; protein: 2 g; carbohydrate: 16 g; sugar: 3.8 g; fiber: 2.9 g; sodium: 386 mg; calcium: 55 mg; iron: 1.5

mg; vitamin C: 16.6 mg; beta-carotene: 3767 mcg; vitamin E: 0.6 mg

Recipe from [The Cancer Survivor's Guide](#) by Neal Barnard, M.D. and Jennifer K. Reilly, R.D.

Please feel free to tailor PCRM recipes to suit your individual dietary needs.