



Creamy Kohlrabi Soup

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Kohlrabi has always been a popular Eastern European vegetable since it tolerates frost well and can be stored a long time in a root cellar. The bulbs come in white and purple varieties. The white are more flavorful and tender when small and have a hint of radish and cucumber flavors. Purple Kohlrabi tends to have a slightly spicier flavor.

Because this soup contains only vegetables (but there is dairy!), it's a light way to start a multicourse meal.

Makes 4 servings of Kohlrabi Soup

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Ingredients:

- 2 tablespoons butter
- 1 medium onion, chopped
- 1 pound kohlrabi bulbs, peeled and chopped
- 2 1/2 cups vegetable stock
- 2 1/2 cups milk
- 1 bay leaf
- Salt and black pepper

Preparation:

1. Melt butter in a large pan with a lid. Add onions and cook gently until soft, about 10 minutes. Add kohlrabi and cook 2 minutes.
2. Add vegetable stock, milk and bay leaf to pan, and bring to a boil. Cover, reduce heat to low and simmer 25 minutes or until kohlrabi is tender. Let cool a few minutes and remove bay leaf.
3. Using an [immersion blender](#) or conventional blender or food processor, puree soup until smooth. You may want to strain the soup through a fine sieve if the kohlrabi is especially fibrous. Season to taste with salt and pepper. Serve in heated bowls with hearty bread of choice.

Note: If your kohlrabi come with the green tops, blanch them and clean as you would for spinach, stripping the leaves down off the tough center stem. Roll the leaves and slice across as for a "[chiffonade](#)" of basil.