

Dill Pickle Soup (Made Healthy)

10 ingredients · 30 minutes · 8 servings



Directions

1. Add the parsnips and potatoes to a soup pot and season with sea salt.
2. Pour in chicken stock and add in Bay leaf.
3. Bring to a boil and cook until parsnips and potatoes are tender.
4. Remove the bay leaf.
5. Add in grated carrots, minced pickles and fresh dill.
6. Simmer another 5 minutes or until carrots are tender.
7. Remove from heat and stir in yogurt and dill pickle juice.
8. Pour into soup bowls and top with chopped dill & pickles if desired.

Notes

Pickle Juice

Some pickle juice is saltier than others. Add all the other seasonings and before adding more juice. Taste your soup and add more for pickle taste & sodium preference. Remember this is a healthier recipe, don't be tempted to add too much additional juice (aka sodium).

Chicken Stock Options

Use 1/2 stock and 1/2 water. This will lower the sodium level significantly

Temper the Yogurt

Take 2 tbsp of the broth from the soup and stir into the cup of greek yogurt. This will help the yogurt mix into the soup without clumping.

Potato/Parsnip Options

Use a combination of potato to parsnips to your desire. This recipe used 1:1 (3 cups to 3 cups) but you can use 2:1 (4 cups to 2 cups) or 5:1 (5 cups to 1 cup). Parsnips are lower in the glycemic index and higher in fiber. White potato with the skin on is significantly lower in the glycemic level than russet (69 to 111)

Garnishes

Fresh chopped dill. Sliced dill pickle. Dollop of greek yogurt.

Ingredients

- 2 cups Parsnip (chopped)
- 4 cups White Potato (chopped)
- 1 1/2 Old Bay Seasonings (or 1 Bay leaf)
- 1 cup Carrot (shredded)
- 5 cups Chicken Stock ((or 4 cups and 1 cup of water))
- 1 cup Dill Pickles (minced or chopped fine (about 3 pickles))
- 1 cup Plain Greek Yogurt
- 1/2 cup Fresh Dill (chopped)
- 1/2 cup Dill Pickle Juice*
- 1/2 tsp Black Pepper

Nutrition

Amount per serving

Calories	80	Sugar	4g
Fat	1g	Protein	4g
Carbs	14g	Sodium	192mg
Fiber	3g		