

Irish Vegetable Soup

By Michelle Alston • Published: March 7, 2023 (Modified: March 7, 2023)

Overview

A creamy, comforting Irish farmhouse-style vegetable soup made with simple, seasonal veg. Partially blending the pot yields a silky texture while keeping hearty chunks. Serve with warm Irish soda bread and butter.

At a Glance

Yield	6 servings
Prep Time	10 minutes
Cook Time	45 minutes
Total Time	55 minutes
Cuisine / Diet	Irish / Vegetarian

Ingredients

Base & Vegetables

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 stalk celery, finely chopped
- 2 medium carrots, peeled and roughly chopped
- 1 medium leek, outer leaves removed, cleaned, sliced
- 1 clove garlic, finely minced (or pressed)
- 2 medium parsnips, peeled and roughly chopped
- 3 medium floury potatoes, peeled and cut into large chunks
(*e.g., Maris Piper*)

Stock & Herbs

- 1 litre / 4 cups vegetable stock (*made with 2 vegetable stock cubes*)¹
- 3–4 sprigs fresh thyme
- 2 dried bay leaves

Finish & Seasoning

- 100 g / $\frac{3}{4}$ cup frozen garden peas
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $\frac{1}{2}$ teaspoon sea salt (*plus more to taste*)
- 150 ml / $\frac{3}{4}$ cup double cream (heavy cream)
- Fresh parsley, chopped, for garnish (optional)

¹Vegetable broth may be used instead.

Instructions

1. **Sweat the aromatics.** Heat olive oil in a large stockpot or Dutch oven over medium heat. Add onion, celery, leek, and carrot; cook, stirring occasionally, until the onion is soft, about 20 minutes. Add garlic; cook 1 minute.
2. **Simmer the roots.** Stir in parsnips, potatoes, and stock. Add bay leaves and thyme. Season with salt and pepper. Bring to a boil, then reduce to a low simmer. Cook about 15 minutes, or until potatoes are cooked through.
3. **Blend partially.** Remove bay leaves and thyme sprigs. Ladle about 2 ladles of soup into a blender; blend until smooth, then return to the pot and stir well to combine.
4. **Finish & serve.** Add frozen peas; cook a few minutes until tender. Stir in the cream and cook another couple of minutes until piping hot. Adjust seasoning. Serve immediately with bread and parsley garnish if you like.

Top Tips

- **Build flavor slowly:** A gentle 20-minute sweat of the aromatics deepens flavor and yields a softer onion.
- **Choose floury potatoes:** They naturally thicken the soup and blend silky-smooth.
- **Blend part, not all:** Blending a portion gives creaminess while keeping a rustic, chunky texture.

Variations

- **More veg:** Turnip/swede works well; add chopped kale near the end.
- **Barley:** Stir in cooked pearl barley to make it extra hearty.
- **Fully blended:** For a smooth soup, use an immersion blender to purée to your preferred consistency.

FAQs

Can I freeze this soup? Due to the cream, freezing is not recommended as the texture may split when reheated.

Can I reheat this? Yes. Reheat gently over low heat until hot (avoid boiling).

Can I make this dairy-free? Yes. Omit the cream or substitute a splash of unsweetened plant cream; the partial blend still gives a creamy feel.

Storage

- **Refrigerate:** Cool completely; store airtight up to 2 days.
- **Reheat:** Warm gently on the stovetop; do not boil once cream is added.

Nutrition (Approximate, per serving; 6 servings)

Calories	242 kcal
Carbohydrates	30.6 g
Protein	3.9 g
Fat	13.5 g
Saturated Fat	7.5 g
Cholesterol	35 mg
Sodium	668 mg
Potassium	498 mg
Fiber	4.3 g
Sugar	5.4 g
Calcium	55 mg
Iron	1 mg

Note on measurements: For best accuracy, weigh ingredients. Cup/spoon volumes vary by brand.