

# 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

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

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## 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*)<sup>1</sup>
- 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)

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<sup>1</sup>Vegetable 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)

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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

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