

# Cream of Celery Soup

4 SERVINGS 25 MINUTES



## INGREDIENTS

3 cups Organic Vegetable Broth (divided)  
1 White Onion (diced)  
1 Yellow Potato (medium, diced)  
12 stalks Celery (diced, leaves reserved)  
1/2 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

|          |      |             |      |
|----------|------|-------------|------|
| Calories | 77   | Iron        | 1mg  |
| Fat      | 0g   | Vitamin D   | 0IU  |
| Carbs    | 17g  | Folate      | 56µg |
| Fiber    | 4g   | Vitamin B12 | 0µg  |
| Sugar    | 4g   | Magnesium   | 30mg |
| Protein  | 3g   | Zinc        | 0mg  |
| Calcium  | 66mg | Selenium    | 1µg  |

## DIRECTIONS

- 01 In a large pot over medium heat, add a small splash of the vegetable broth. Sauté the onions until soft and brown, stirring frequently and adding more broth as needed to prevent the onions from sticking to the pot.
- 02 Add the potato, diced celery stalk, remaining broth and sea salt. Bring to a simmer and cook for 10 minutes or until the potatoes and celery are tender.
- 03 Use a handheld blender to purée to your desired consistency. Divide into bowls or containers. Top with celery leaves and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

### SERVING SIZE

One serving is approximately 2 cups.

### MORE FLAVOR

Add dill and/or coconut milk to the soup.

### ADDITIONAL TOPPINGS

Top with crackers, cream, yogurt, black pepper or a drizzle of olive oil.

### MAKE IT CREAMY

For 6 servings, stir in about half a cup of coconut milk prior to serving.