



Celery Root Soup

4 servings

30 minutes

Ingredients

- 3 cups Celery Root (peeled, cut into cubes)
- 2 stalks Green Onion (chopped)
- 1 Carrot (small, peeled and chopped)
- 1 Russet Potato (medium, peeled and cut into cubes)
- 3 cups Vegetable Broth
- 1 tsp Dried Parsley
- 1 tsp Dried Chives
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	107
Fat	1g
Carbs	23g
Fiber	4g
Sugar	4g
Protein	4g
Cholesterol	0mg
Sodium	773mg
Vitamin A	3200IU
Vitamin C	16mg
Calcium	73mg
Iron	1mg

Directions

- 1 Combine all of the ingredients in a pot over medium-high heat and bring to a gentle boil. Reduce the heat to medium and continue to cook for 20 to 25 minutes or until the vegetables are tender.
- 2 Transfer the soup to a blender or food processor and blend until smooth. Add more vegetable broth or water to thin, if needed. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is approximately one cup of soup.

More Flavor: Add garlic, yellow onion, or other dried herb and spices to taste.

Additional Toppings: Fresh herbs, like parsley, or a drizzle of extra virgin olive oil.

Celery Root: Three cups of celery root cubes is approximately half of a large celery root.