

## **RECIPE**

Hero Vegetable: Celery

## **Celery Soup**

## Ingredients:

1 bunch celery, tops and bottoms removed

2 medium sized russet potatoes, peeled and cubed

1 large onion, diced

3 cloves garlic, chopped

1 tsp grated ginger

2 Tbs butter

½ tsp white pepper

1 bay leaf

1 pinch cayenne

½ tsp chili powder

1 ½ quarts vegetable or chicken broth

Salt to taste

Parsley or green onion (optional)

## **Directions:**

Cut the celery into 1-inch pieces. Use the heart of the celery as well and set aside. In a large pot, melt the butter and sauté the diced onion until transparent. Add garlic, sauté another minute until fragrant. Add a healthy pinch of salt, pepper, cayenne, ginger and chili powder. Sauté another 30 seconds. Add the broth, celery, potatoes, and bay leaf. Simmer for about 25-30 minutes until vegetables are tender. With tongs, remove the bay leaf. Add salt if needed to taste. Insert a submersion blender and puree the vegetable mixture. Serve hot topped with parsley or green onion.