



# Celery Root and Leek Soup

Celery root and celery are members of the same family of vegetables, but celery root/celeriac is not the root of the vegetable you buy called celery.

This vegetable is cultivated for its root or base instead of for its stalk or leaves. It's a pain to peel, is a really ugly, bumpy, light brown bulb-type root which looks like a large turnip. It has the texture of a potato and tastes like a cross between strong celery and parsley with a nutty twist. So may negatives but, oh, such a yummy end-game soup! Creamy without the cream or potatoes. Thank you to my client, Tracy, for sharing this recipe. Show this root some soup love and give it a try!

## INGREDIENTS

- 3 tablespoons olive oil
- 2 large leeks, diced (white and light green parts only)
- 1 small yellow onion, peeled and finely chopped
- 5 cloves of garlic, minced
- 2 medium-sized celeriac, peeled and cut into 1 inch cubes
- Hefty pinch of salt
- 4 cups vegetable stock (plus more to thin as needed)
- 1 tablespoon fresh lemon juice
- Minced parsley for serving
- Salt and pepper to taste

## DIRECTIONS

Heat the oil in a large heavy bottom pot over medium high heat. Add the leeks and onion and cook, stirring occasionally for about 8 minutes. Add the garlic, celeriac and salt. Stir well. Add the stock and bring to a boil. Reduce the heat to medium-low and simmer until the vegetables are tender, about 25 minutes. Remove from the heat and let the soup cool for a few minutes before transferring the soup (you may need to do this in batches) to a high speed blender and pureeing until completely smooth and creamy. (You can use a stick blender here but it may not be as smooth as a blender). Return the soup back to the pot, stir in the lemon juice and taste for seasonings. If the soup seems too thick add more stock or water. Keep the soup on low heat until ready to serve. Makes about 5 cups; 120 calories per cup.