



## Cream of Celery Soup



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



270 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 3 Tbsp butter divided
- ☐ 1 cup onion chopped
- ☐ 1.5 cups leeks light white green sliced
- ☐ 5 cups celery diced chopped
- ☐ 2 cloves garlic minced
- ☐ 2 bay leaves
- ☐ 4 cups chicken stock see
- ☐ 0.5 teaspoon to 1 s of salt to taste

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 4 servings chives fresh chopped for garnish

## Equipment

- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ blender

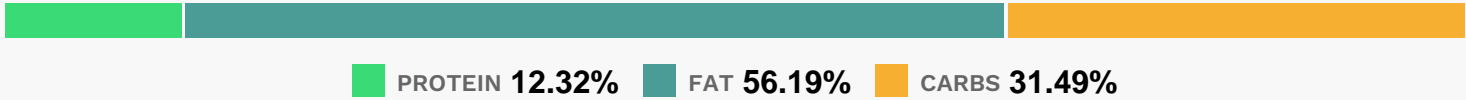
## Directions

- ☐ Sauté onions, leeks, 5 cups of chopped celery: Melt 2 Tbsp butter in a thick-bottomed 4 to 5 quart pot on medium heat.
- ☐ Add the diced onion, the leeks, and 5 cups of the chopped celery.
- ☐ Cook on medium heat for 10 minutes until softened.
- ☐ Add the minced garlic and cook for a minute more.
- ☐ Add stock, bay leaves, salt, then simmer:
- ☐ Add the chicken stock and bay leaves to the pot. Taste for salt and add salt. (If you are using unsalted butter and unsalted stock, you will need to add more salt than you expect, if not, maybe just a little salt will be needed.)
- ☐ Increase heat to bring to a boil, reduce heat to low and cover to maintain a simmer. Simmer for 15 minutes.
- ☐ Braise remaining celery to soften: While the soup is simmering, prepare the extra celery that will be added later to the soup. In a separate small sauté pan, melt 1 Tbsp of butter on medium heat.
- ☐ Add 1 1/2 cups diced celery to the butter.
- ☐ Ladle 1/2 cup of the simmering stock from the soup pot into the sauté pan. Simmer on low for 5 or 6 minutes to soften the celery. Set aside.
- ☐ Remove the soup pot from heat, let cool slightly.
- ☐ Remove and discard the bay leaves. Working in batches, purée the soup in a blender, filling the blender no more than a third full at a time (keep your hand on the lid so the hot liquid

doesn't explode). Return the puréed soup to the pot.

- ☐
- Stir in the cream and the braised diced celery.
- ☐
- Taste for salt and add more if needed.
- ☐
- Sprinkle with freshly ground black pepper and chopped chives or parsley to serve.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:2.87, Inflammation Score:-8, Nutrition Score:14.504782658556%

Flavonoids

Apigenin: 3.6mg, Apigenin: 3.6mg, Apigenin: 3.6mg, Apigenin: 3.6mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg

Nutrients (% of daily need)

Calories: 270.31kcal (13.52%), Fat: 17.26g (26.56%), Saturated Fat: 9.75g (60.96%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 18.37g (6.68%), Sugar: 8.96g (9.95%), Cholesterol: 46.91mg (15.64%), Sodium: 815.97mg (35.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.03%), Vitamin K: 56.86µg (54.15%), Vitamin A: 1663.33IU (33.27%), Folate: 88.53µg (22.13%), Vitamin B3: 4.41mg (22.05%), Potassium: 726.04mg (20.74%), Vitamin B6: 0.39mg (19.61%), Vitamin B2: 0.33mg (19.5%), Manganese: 0.39mg (19.44%), Vitamin C: 12.52mg (15.18%), Fiber: 3.4g (13.58%), Phosphorus: 132.65mg (13.27%), Copper: 0.24mg (11.94%), Vitamin B1: 0.16mg (10.42%), Calcium: 103.64mg (10.36%), Selenium: 7.1µg (10.14%), Magnesium: 39.12mg (9.78%), Iron: 1.63mg (9.08%), Vitamin E: 1.12mg (7.44%), Vitamin B5: 0.47mg (4.7%), Zinc: 0.68mg (4.54%), Vitamin D: 0.24µg (1.59%)