



Cream of Celery Soup

Prep: 20 minutes | Cook: 40 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 9 celery stalks, chopped (about 3 cups)
- 1 large Russet potato, peeled and diced (about 8-10 ounces)
- 1 medium onion, chopped (about 1 cup)
- 1 teaspoon dried rubbed sage
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 cloves garlic, minced (about 1 teaspoon)
- 1 teaspoon lemon zest
- 3 cups (24 ounces) low-sodium vegetable broth
- 1 tablespoon lemon juice
- 4 tablespoons (¼ cup) chopped fresh parsley, or celery leaves divided

Directions

1. Heat a large pot over medium heat. Add the oil and butter. Heat until the butter is melted and the oil is shimmering.
2. Add the celery, potatoes, onion, sage, salt, and black pepper. Stir to combine. Cover the pot with a lid and cook until the celery and onion are softened, about 13-15 minutes.
3. Remove the lid and add the garlic and lemon zest. Cook while stirring for 1 minute.
4. Add the broth and bring to a boil over high heat, then reduce the heat to maintain a simmer. Cook uncovered until the potatoes are tender, about 15-20 minutes.
5. Working in batches, transfer the broth-vegetable mixture to the pitcher of a blender. Remove the plastic piece from the center of the blender lid and place a towel over the hole. Blend until smooth, about 2-3 minutes, then transfer the mixture to a large heatproof bowl.
6. Return the pureed mixture to the pot and stir in the lemon juice. Reheat over the stovetop if needed.
7. Serve warm, topping each serving with 1 tablespoon of the parsley or celery leaves.

**Nutrition Facts Per Serving: Calories: 150 | Total Fat: 6 g | Saturated Fat: 2 g
Sodium: 245 mg | Total Carbohydrate: 20 g | Dietary Fiber: 3 g | Protein: 5 g**

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