



# Celery Root Soup

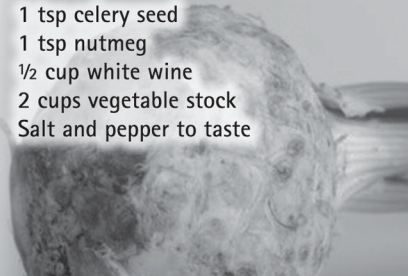
*By Chef Dave Bland*

*4 - 6 Servings*

*Ingredients:*

4 Tablespoons Olive oil  
10 Cloves garlic minced  
2 large onions chopped  
3 celery hearts chopped  
3 Yukon gold potatoes peeled  
and chopped  
3 celery roots peeled and  
chopped

1 tsp celery seed  
1 tsp nutmeg  
½ cup white wine  
2 cups vegetable stock  
Salt and pepper to taste



Directions: Peel and chop all ingredients

In a large pot heat the olive oil on medium heat. Cook all of the vegetables until tender. Next deglaze the pot with white wine and add the stock and spices and bring to a boil. Simmer for 40 minutes and adjust salt and pepper to taste. Puree all ingredients until smooth.

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Amount Per Serving	
<b>Calories</b>	253.0
<b>Total Fat</b>	10.2 g
Saturated Fat	1.5 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	7.1 mg
<b>Cholesterol</b>	2.4 mg
<b>Sodium</b>	171.5 mg
<b>Potassium</b>	867.8 mg
<b>Total Carbohydrate</b>	32.7 g
Dietary Fiber	4.1 g
Sugars	2.5 g
<b>Protein</b>	5.9 g