

Celery Root and Leek Soup

INGREDIENTS

3 TBS olive oil 5 cloves of garlic, minced Hefty pinch of salt 1 TBS fresh lemon juice Salt and pepper to taste 2 large leeks, diced (white and light green parts only)1 small yellow onion, peeled and finely chopped2 medium-sized root, peeled and cut into 1-inch cubes4 cups vegetable stock (plus more to thin as needed)

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 smooth and creamy. A stick blender works well if you like a more chunky soup. 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.