



Celery Soup

Serves 4

Ingredients:

- 2 tablespoons low fat spread
- 1 onion, diced
- 4 garlic cloves, roughly chopped
- 650gms celery
- 350gms potatoes, sliced
- 500gms vegetable stock
- 1 cup water
- 1 bay leaf (optional, remove before blending)
- 1/8 – 1/2 teaspoon cayenne, start conservatively or leave it out entirely
- Handful of chopped herbs for garnish

Method:

1. Heat the spread in a big pot over medium high heat, and add the onion, stirring occasionally, for about 5 minutes
2. While the onions are cooking, rough chop the garlic, celery and potatoes. When the onions are golden add the garlic and stir 1-2 minutes, until fragrant. Add the celery, potatoes, stock, water, bay leaf, and cayenne. The liquid should just cover the veggies
3. Cover, bring to a rolling boil, turn heat down and simmer gently until potatoes are tender, about 10 minutes
4. Turn heat off and remove bay leaf
5. Allow to cool, before blending until smooth, reheating gently if necessary
6. Serve and sprinkle with chopped herbs



Abundant Borders (SC049008)
web - abundantborders.org.uk & facebook.com/abundantborders
contact: robin@abundantborders.org.uk