

Celery Root Soup

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 2 large sweet onions, chopped
- 4 garlic cloves, chopped
- 1 tbsp coconut oil or grapeseed oil
- 4 cups chicken or veggie stock or water
- 2 celery roots, peeled and chopped
- 2 bartlett pears, chopped
- 1 tsp dried thyme
- Sea salt and pepper to taste

Instructions:

1. Heat oil in a large pan. Sautee the onions and garlic until tender.
2. Add 4 cups of chicken or veggie stock. You may need to transfer to a large soup pot at this point.
3. Add chopped celery root and pear. Bring to a bowl and then let simmer on low for 15-20 minutes until the celery root and pear is tender.
4. Using an immersion blender or stand up blender blitz the ingredients until you've reached your desired texture. Add thyme and season to your liking. Enjoy!

Notes:

Serves 4. Using a stock will yield a tastier flavour. Sprinkle with croutons and hemp hearts.