

## Cauliflower-CeleryRootSoup

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Approximate Servings: 8  
Yield: One large pot  
Degree of Difficulty: Very easy

**WHY WE LIKE IT:** *super easy \* surprisingly cream and very satisfying comfort food without all the fat\*great as a leftover \* freezes well \* really nice mild flavour \* even the pickiest eater will like it*

### Ingredients

- 3 Tbs Extra virgin olive oil
- 1 Leek (chopped white and pale green)
- 1 Lg Celery Root (cut into chunks approx. 1")
- 8 cups Vegetable broth (low sodium)
- 1 Lg Cauliflower (trimmed and cut into chunks)
- Black Pepper to taste
- Cayenne pepper (optional)

### Procedure

- 1 In a large saucepan or flame proof casserole (Dutch Oven), heat the olive oil over medium heat. Add the leek and cook, stirring, until softened, 3 to 5 minutes.
- 2 Add the celery root and stir to coat with the oil. Pour in the broth and bring to a boil. Reduce the heat and simmer, partially covered, for 10 minutes.
- 3 Add the cauliflower and continue to cook for 10 to 15 minutes, longer or until all the vegetables are soft.
- 4 Puree in the pot with an immersion stick or put into blender or food in batches

### Tips

Don't blend the soup when it is hot. Let cool somewhat before blending. This is a very, very thick soup.

### Alternative ideas

- add a few cloves of garlic when adding the broth and just puree with the soup
- sprinkle cheddar on top or a dollop of sour cream
- heat it in the morning, put it in a thermos and take it for lunch

Adapted from: The Swiss Secret to Optimum Health by Dr. Rau