



### **Celeriac Soup**

**Serves 4-6 persons.**

#### **Ingredients:**

- 1 tbsp Olive oil (leave a drizzle for sauté your bacon medallions if using)
- 2 yellow onions diced.
- 2 cloves garlic diced.
- 3 carrots chopped.
- 2 celery stick chopped.
- 2 medium potatoes
- 1 celeriac peeled and chopped.
- 500ml water
- Vegetable stock cube optional
- Diced Chorizo optional for top

#### **Flavour Release:**

- Sea salt
- Black Pepper
- Thyme / Rosemary / Oregano (or try spiced using chilli flakes or curried using cumin!)

#### **Method:**

- Saute your onion, carrot , garlic and celery for 15 minutes
- Chop Celeriac and dice potato and add to the saucepan with half the stock
- Add remaining stock, bring to the boil, reduce and simmer slowly for 20 minutes.
- Blitz
- In a pan sauté your diced chorizo, serve on top or add to your soup and mix through.

#### **Optional: To make a fuller meal / quick nutritious evening meal:**

- Add 1 tin of butter beans to the soup.
- 1 x lean chicken breast shredded over the soup.
- Serve in a cup and add a side salad / toasted pitta pocket for balance.