

## **CREAMY CELERY SOUP**

### **INGREDIENTS:**

**2 tbls coconut oil**  
**2 onions, chopped roughly**  
**6 cloves of garlic, minced**  
**4 carrots**  
**4 tsp thyme**  
**2 heads of celery, chopped roughly**  
**1 large potato**  
**10 cups vegetable broth**

### **DIRECTIONS:**

- 1. Put broth in a stock pot and boil.**
- 2. Heat the oil and add the onion and garlic.  
Cook until soft.**
- 3. Add carrots and celery to onion and garlic.  
Simmer for 5 minutes.**
- 4. Put potato and onion mixture in the boiling  
broth. Add thyme.**
- 5. Simmer for 30 minutes.**
- 6. Puree the soup using a Vitamix or hand  
blender.**
- 7. Return to pot and simmer for 3 minutes.**