

Celery Soup

Makes 1 serving (1 vegetable)
1.5 grams protein
0.5 gram fat
55 calories

Ingredients

- 1½ cups celery, chopped
(may use celery from crock pot cooking or 1 baked celery recipe)
- 2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
- ¼ teaspoon thyme
- 1 bay leaf
- ¼ teaspoon dried basil
- Sea salt and black pepper to taste
- add cayenne pepper for a spicy soup

Directions

1. Cook celery until very soft or use crock-pot or vegetable broth cooked celery.
2. Puree in a food processor or blender with broth and spices.
3. Simmer in a saucepan for 20-30 minutes.

