



Catholic Health Initiatives

Imagine better health.®

Celery Soup

Serves 8

Prep time:

Approximately 30 minutes

Ingredients:

1 bunch of celery, chopped
1 large potato, chopped
1 medium onion, chopped
1 stick butter
Salt
Pepper
3 cups low sodium chicken broth
¼ cup fresh dill
¼ cup plain Greek yogurt
¼ cup milk
Celery leaves
Olive oil
Flaky sea salt

Directions:

Combine celery, potato, onion and butter in a medium saucepan over medium heat. Cook until onion is tender, 8–10 minutes, continue stirring. Add low sodium chicken broth and simmer until potatoes are tender, another 8–10 minutes. Using a blender or food processor, puree the soup and fresh dill, until smooth. Return puree to pan and bring to a boil, stir in Greek yogurt and milk. Pour into dishes and serve. Garnish with celery leaves and flaky sea salt and serve on a crisp, fall night.



Warm & Savory

Harvest of the Month
celery