Cream of Celery Soup

Grocery List

* 7 Celery Hearts, washed, halved lengthwise, and diced
* 1 Yellow Onion, diced
* 2 cloves Garlic, minced
* 1 ½ C Low Sodium Vegetable Stock
* 1 C Whipping Cream
* 1/3 C 2% Milk
* 1/3 C All Purpose Flour
* 1/3 C Butter \*
* 2 Tbsp Olive Oil
* 1 Tsp Salt / Pepper (to taste)

**\*Butter measurement is for original fry of veg, you will add another Tbsp when making the roux.**

Prep Time: 10 Min

Cook Time: 30 Min

1. In a medium sized sauce pan, bring the butter and oil to temperature on medium heat and add in the celery and onions. Give a pinch or two of sea salt and Fry for 6-8 min stirring often.
2. Add in the minced garlic and a pinch of salt. Cook for another 2 or 3 minutes.
3. Add in another Tbsp Butter and the flour. Reduce the heat a little and stir the flour coating everything. You want to cook for about 3 minutes constantly stirring. **Do not allow the roux (flour and butter) to brown otherwise your cream soup will be darker in colour.**
4. Add in the stock, cream, and milk and stir everything together. Bring to a boil on medium high. (Stir constantly)
5. Reduce the heat to low medium and add in your salt. (More or less to taste. Make sure to taste after each round of salting 1 tsp at a time to get the desired flavour.)

**\*Adjust the thickness to your liking, I enjoy a thicker soup but you may want to thin it out, add in milk / stock in equal parts to thin the soup out. Cream will work to thicken the soup.**

1. Simmer for about 15 or 20 minutes. Add in the pepper and stir. Cover and reduce heat to low until service.
2. Garnish with cracked black pepper and freshly chopped chives.