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“Embracing the power of real food!”

Warming Soup

Ingredients:

2 tbsp coconut oil or butter ghee
1 medium onion, chopped
Sea salt and ground pepper
6 cups peeled, chopped celery root
1 cup peeled and chopped sweet potato
6 cups homemade broth (if have on hand) or organic vegetable stock
2 cups canned coconut milk
2 cups peeled, cored, and quartered sweet apple
2 ½ tsp turmeric
½ tsp cinnamon

Directions:

1. In a large heavy saucepan, heat oil over medium heat. Add onion, turmeric and season with sea salt. Cook until onions are soft (approx. 5-7 minutes)
2. Add celery root, sweet potato, stock, and coconut milk. Reduce heat to low and simmer until potatoes are soft (approx. 15-20 minutes)
3. Add apples, cinnamon and coconut milk and continue simmering for 5 minutes
4. Remove saucepan from heat and puree using an immersion blender or work in batches in other blender.
5. Season with sea salt and pepper