

Celeriac and Tomato Soup



Food Fact:-

Celeriac is low in saturated fat and cholesterol and high in Vitamin C, Vitamin K, Phosphorus, Potassium, Vitamin B6, Magnesium and Manganese.

Being moderately high in fibre and low in calories makes it ideal for maintaining optimum health and helping in weight loss.

Preparation time 5 mins

Cooking time 15 mins

Serves 4

**REAL FOOD
WORKS**

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Ingredients

1. In a large microwavable bowl, add the oil and the onion and cover and cook on HIGH for 3 minutes.
 2. Add the celeriac, tomatoes and stock together with cayenne pepper to taste, cover and cook on HIGH for 3 minutes.
 3. Cook on MEDIUM for 8 minutes or until the celeriac is tender.
 4. Leave to stand for 2 minutes, then add the parsley, mint and lemon rind and liquidise in a food processor until creamy.
 5. Garnish with sprigs of mint.
- 3 tbsp vegetable oil
1 medium onion, finely chopped
500g (1lb 2oz) celeriac, chopped into small pieces
500g (1lb 2oz) canned chopped tomatoes
700ml (1 1/4pints) stock
2 tbsp chopped fresh parsley
2 tbsp chopped fresh mint, plus a few sprigs to garnish
Grated rind of 1/2 lemon
Cayenne pepper

