



## Creamy Celeriac Soup

8 servings  
40 minutes

### Ingredients

2 tbsps Ghee (or avocado oil)  
1 Yellow Onion (large, chopped)  
2 Garlic (minced)  
1 tsp Coriander  
1 tsp Paprika  
4 cups Celery Root (1 large, peeled & cubed)  
2 cups Broccoli (finely chopped)  
1 Sweet Potato (peeled, cubed)  
1 1/16 quarts Bone Broth (or vegetable broth)  
1 cup Dry Green Lentils (rinsed)  
1 tsp Sea Salt  
1/2 tsp Black Pepper (more or less to taste)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 239 |
| Fat                | 7g  |
| Saturated          | 3g  |
| Carbs              | 31g |
| Fiber              | 6g  |
| Sugar              | 4g  |
| Protein            | 13g |

### Directions

- 1 Melt ghee in a large saucepan over medium heat. Add onions and garlic and cook until softened. Add the coriander and paprika and continue cooking for a minute until fragrant.
- 2 Add all the other vegetables, the broth, the lentils and the salt & pepper. Bring to a boil, then lower to a simmer. Continue simmering for about 20 minutes or until all vegetables are soft and lentils are cooked. Let cool slightly.
- 3 In a blender or using an immersion blender, purée the soup in batches until you get the desired consistency.
- 4 Return to the saucepan. Taste and adjust seasonings to taste. If the soup is too thick, add more broth or some coconut milk for extra creaminess.
- 5 Serve with an extra sprinkle of paprika. Top with some yogurt if desired.