

# Washington Post Celery Soup

## Ingredients

Servings: 4-6 (makes about 9 cups)

- 2 tablespoons extra-virgin olive oil, plus more for serving
- 1 1/2 teaspoons celery seeds
- 1 bunch celery (2 pounds), chopped, plus leaves reserved for serving
- 2 medium Honeycrisp apples (12 ounces total), peeled, cored and chopped
- 1 medium yellow onion (7 ounces), chopped
- 4 garlic cloves, chopped
- 1/2 teaspoon fine salt, plus more to taste
- 1/2 teaspoon freshly ground black pepper, plus more to taste
- 4 cups no-salt-added or low-sodium chicken or vegetable broth or stock
- One (15.5-ounce) can no-salt-added or low-sodium white beans, such as cannellini or Great Northern, with their liquid
- 4 tablespoons unsalted butter
- 1/2 cup heavy cream
- Chopped roasted pistachios, for serving

## Directions *Active: 30 mins Total: 40 mins*

### Step 1

In a large pot over medium-high heat, heat the oil until shimmering. Add the celery seeds and cook, stirring frequently, until fragrant, about 30 seconds.

### Step 2

Add the celery, apples, onion, garlic, salt and pepper and cook, stirring occasionally, until the celery and onions start to soften, about 10 minutes.

### Step 3

Add the broth or stock, beans and butter, and bring to a simmer. Cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes. Remove from the heat.

### Step 4

Use an immersion blender to puree the soup until smooth. (Or you can puree the soup in batches in a blender: Be careful to not fill it more than halfway, and make sure to remove the center ring from the lid and hold a kitchen towel over the lid as you blend to prevent splatters.) Stir in the cream. Taste, and season with more salt and/or pepper, as desired. Ladle the soup into bowls; top with celery leaves, pistachios and a drizzle of olive oil; and serve warm.

## Nutritional Facts

*Per serving (1 1/2 cups), based on 6*

- **Calories** 317
- **Fat** 21 g
- **Saturated Fat** 10 g
- **Carbohydrates** 26 g
- **Sodium** 427 mg
- **Cholesterol** 40 mg
- **Protein** 7 g
- **Fiber** 8 g
- **Sugar** 11 g

*Aaron Hutcherson is a writer and recipe developer for Post Food at The Washington Post. He is a culinary school graduate and has worked professionally in the food and media worlds in various capacities si*