

# Roasted Celery and Potato Soup

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• Vegan

Rating: 4.40/5 (86 votes)

## Overview

This budget-friendly vegan soup roasts celery for deep flavor, then blends it with tender potatoes and broth for creaminess without dairy. A handful of elbows adds body and comfort. Finish with herbs and a drizzle of olive oil.

## At a Glance

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|-------------------|------------|
| <b>Yield</b>      | Serves 4   |
| <b>Prep Time</b>  | 10 minutes |
| <b>Cook Time</b>  | 45 minutes |
| <b>Total Time</b> | 55 minutes |
| <b>Diet</b>       | Vegan      |

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## Equipment

- Large pot
- Baking sheet
- Food processor or blender

## Ingredients

- 2 tablespoons olive oil, divided
- 1 stalk celery (about 10 ribs), root end trimmed; cut into thirds
- 1 pound Yukon Gold potatoes, peeled and diced
- 5 ounces cremini mushrooms, sliced
- 2 teaspoons dry thyme
- 7 cups water or vegetable stock
- 1 cup elbow pasta
- Salt and black pepper, to taste

## For serving (optional)

Paprika or red pepper flakes; fresh dill or parsley; extra-virgin olive oil.

## Instructions

1. **Preheat the oven.** Heat oven to 400°F (200°C).
2. **Roast the celery.** Arrange celery on a baking sheet. Drizzle with 1 tablespoon oil; season with salt and pepper. Roast 30 minutes.
3. **Cook mushrooms and potatoes.** In a large pot, heat remaining 1 tablespoon oil over medium heat. Add mushrooms; cook 8–10 minutes until browned and their liquid evaporates.

Season with salt and pepper. Add diced potatoes, more salt and pepper, and dry thyme; cook 1 minute until fragrant.

4. **Simmer the soup.** Pour in water or vegetable stock. Bring to a boil, then reduce heat and simmer 20 minutes, or until potatoes are fork-tender.
5. **Blend celery and potatoes.** Using a slotted spoon, transfer about half of the cooked potatoes to a food processor. Add the roasted celery and a few ladles of hot broth. Blend until smooth.
6. **Cook the pasta and finish.** Return the pot to a boil. Stir in the elbow pasta and the celery-potato purée. Cook, stirring occasionally, until pasta is al dente. Taste and adjust seasoning with salt and pepper.
7. **Serve.** Ladle into bowls. Garnish with dill or parsley, a pinch of paprika or red pepper flakes, and a drizzle of extra-virgin olive oil, if desired.

## Notes & Variations

- Add aromatics like a caramelized onion or minced garlic with the mushrooms.
- Stir in diced carrots or sweet potatoes with the potatoes.
- For protein, add a drained can of beans (cannellini or chickpeas) with the pasta.
- Not vegan? Finish with a splash of cream at the end of cooking.
- Texture: Blend more for silkier soup or less to keep it rustic and chunky.

## Nutrition (Approximate per serving; 4 servings)

|               |          |
|---------------|----------|
| Calories      | 287 kcal |
| Carbohydrates | 48 g     |
| Protein       | 8 g      |
| Fat           | 8 g      |
| Sodium        | 12 mg    |
| Fiber         | 4 g      |
| Sugar         | 2 g      |
| Vitamin C     | 22 mg    |

*Tip: For even deeper flavor, deglaze the mushroom pan with a splash of dry white wine before adding the potatoes.*