

Creamy Potato Celery Soup

Updated: May 21, 2024 • Written by: Caroline Phelps

Overview

Hearty yet refined, this velvety cream of potato and celery soup is a nostalgic, nourishing bowl designed for cozy nights. Blended potatoes create the creaminess (no heavy cream required), while pan-fried garlic and onions build depth. Finish with tender bites of celery and a sprinkle of scallions.

At a Glance

Yield	4 servings
Diet	Vegetarian (vegan option with oat milk)
Prep Time	15 minutes
Cook Time	35 minutes
Total Time	50 minutes

Ingredients

- 2 cloves garlic, minced
- 1 medium onion, finely chopped
- 2 tablespoons extra-virgin olive oil
- 2 medium potatoes, peeled and roughly chopped (Yukon Gold preferred; Russet okay)
- 6 celery stalks, divided (4 for simmering, 2 for celery bits)
- 6 cups vegetable broth (*or low-sodium chicken broth*)
- 1 $\frac{1}{2}$ cups 2% milk *or* unsweetened oat milk (vegan)
- 4 green onions (scallions), thinly sliced, for garnish
- Salt and freshly ground black pepper, to taste

Expert Tip

If your celery is fibrous, run a vegetable peeler from tip to base to remove the tough outer strings. The interior is tender and will blend silkier.

Instructions

1. **Boil the potatoes.** In a medium pot, cover the chopped potatoes with water and bring to a boil. Cook until fully tender, 7–10 minutes. Drain and set aside.
2. **Sauté aromatics.** In a large pot over medium-high heat, warm the olive oil. Add garlic and onion; sauté 2–3 minutes until onions are translucent.
3. **Add celery (first 4 stalks).** Roughly chop 4 stalks and add to the pot. Cook 2 minutes, stirring.
4. **Simmer with broth.** Pour in the vegetable broth, stir, and bring to a boil. Reduce to a gentle simmer, cover, and cook 20 minutes until celery is tender.

5. **Tender celery bits.** In a separate small pot, bring salted water to a boil. Slice the remaining 2 celery stalks into small pieces; simmer 10–15 minutes until tender but not falling apart. Drain and set aside.
6. **Blend.** Transfer the simmered soup (broth, celery, onions, garlic, and cooked potatoes) to a blender in batches and blend until silky. Return to the pot.
7. **Finish.** Stir in the milk (or oat milk) and the reserved tender celery bits. Warm gently. Do not boil after adding milk.
8. **Season & serve.** Season to taste with salt and pepper. Ladle into bowls and top with sliced green onions. Serve hot (crushed Saltines optional, highly encouraged).

Recipe Variations

- **Make it spicy:** Add $\frac{1}{4}$ teaspoon red pepper flakes with the onions and garlic.
- **Use chicken broth:** Low-sodium chicken broth adds cozy, savory depth (great in winter).
- **Umami garnish:** Top with diced, caramelized mushrooms.
- **Crouton crunch:** Finish with store-bought or homemade croutons.

Storage

- Cool to room temperature; refrigerate in an airtight container up to 5 days.
- Reheat gently on the stovetop or in the microwave.
- **Freezing:** Dairy-based versions may separate or turn gummy when frozen. If using cow's milk, freezing is not recommended (though technically possible up to 3 months). Oat-milk versions generally freeze better.

What to Serve With Creamy Soups

- Niçoise salad
- Cucumber sandwiches with tzatziki
- Strawberry–tomatillo–watermelon salad
- Tuna sandwich
- Tempeh katsu sandwich

Frequently Asked Questions

Why add milk at the end?

Milk can scorch or boil over if heated too hard. Stirring it in at the end gives creaminess without burning or messy boil-overs.

Can I use an immersion blender?

Yes. Blend in the pot for easy cleanup. For the silkiest texture, blend a little longer to catch any lingering bits.

Notes

For a richer finish without cream, you can blend in a small knob of butter (or vegan butter) just before serving. Adjust thickness with additional broth or milk to taste.

Nutrition (Approximate, per serving; 4 servings)

Calories	227
Sugar	11.6 g
Sodium	964.3 mg
Total Fat	9.2 g
Saturated Fat	2.2 g
Trans Fat	0.1 g
Carbohydrates	31.9 g
Fiber	4.7 g
Protein	6 g
Cholesterol	7.4 mg

Description: Silky, comforting cream of potato and celery soup.

Source adaptation: Home kitchen notes.