

Cream of Celery Soup

Prep Time: 10 minutes
Cook Time: 18 minutes
Total Time: 28 minutes

Yield: 2 cups

Makes 2 cups, may be doubled or tripled and frozen

Ingredients

- 3 tablespoons extra virgin olive oil (or butter)
- ¼ cup toasted quinoa flour (or flour of choice)
- 1 cup unsweetened almond milk (or milk of choice)
- 1 cup vegetable broth
- ¼ cup finely chopped celery
- 2 tablespoons Parmesan cheese (or vegan Parmesan)
- ½ teaspoon onion powder
- ¼ teaspoon smoked paprika
- 1 teaspoon sea salt
- ¼ teaspoon fresh ground black pepper

Instructions

1. Heat olive oil over medium heat. Add in flour and whisk. Cook for 2 to 3 minutes, until the mixture bubbles and begins to brown. Whisk in almond milk and vegetable broth. Cook, whisking frequently, for 5 to 7 minutes or until the mixture begins to thicken.
2. Stir in the celery, Parmesan cheese, onion powder, smoked paprika and sea salt. Simmer for 6 to 8 minutes. Allow to cool to use in a recipe or freeze in 2 cup portions for later use.

<http://www.cookingquinoa.net/broccoli-quinoa-casserole>