

## Cauliflower, Sweet Potato and Celery Chowder

This is very easy soup to make. No oil, just an abundance of fall vegetables.

4 servings

5 stalks celery, chopped

4 cups cauliflower, cut into bite size florets

1 sweet potato, peeled and chopped

3 carrots chopped

½ can (15 oz white beans, Eden brand is good) drained and rinsed (optional)

½ cup chopped fresh parsley

2 sprigs of thyme

1 small sprig rosemary

5 cups vegetable or chicken broth (more or less as needed)

Celtic sea salt

Freshly ground pepper

- Put celery, cauliflower, sweet potatoes, carrots, parsley, herbs and beans (if using) into a large soup pot.
- Add the broth to equal the same level as the vegetables. Cover and bring to a boil over medium-high heat.
- Decrease the heat to medium-low. Cover and simmer, stirring occasionally, for 40-50 minutes, until the vegetables are tender.
- Remove the thyme and rosemary sprigs. Using a cup, scoop 4 cups of the chowder into a blender and process until smooth.
- Pour the blended chowder back into the pot and cook for 5 minutes more until heated through.
- Season with salt and pepper to taste.