



It be the Luck of the Irish that brings you NO Potato - Potato Soup

They'll kiss the cook when they taste this luscious treat that has ZERO sugars and starches. NO potatoes = NO sugars / NO starches. Check out the the nutritional values of potatoes, jicama and celery root on the previous page. I swear people have no idea it has NO potatoes.



In a saucepan over med-low heat sauté', until tender:

- Pinch coarse ground pepper
- 2 T butter
- 3 fresh green onions, sliced thin
- 2-3 med-to-small stalks (diced) fresh celery, including the tiny yellow and pale green leaves from the center of the plant (NOT the tops of the celery root)

ADD: simmer for 5-10 minutes to incorporate flavors:

- 1 med-large Celery Root bulb cooked* and diced (a bit smaller than you would potatoes)
- 2 C LOW-sodium chicken or veggie broth

Taste test - NO salt should be needed as Celery Root has natural sodium. Just *before* you ladle up the soup add **(2-3 T) HEAVY Cream**** to the bottom of each bowl. Garnish with fresh snipped flat leaf (Italian) parsley and if you wish a few pieces of Perfect Bacon from page 12 in **Cooking with Judy**.

See My NO-Potato Salad on page 11 in **Volume 6**.

Celery Root is NOT grown for its dark green tops but rather for its large root bulb. Buy celery root with the TOPS on to guarantee freshness. The tops can be used to make your own homemade veggie broth.



And if you *really* want to be Irish you can even substitute turnips for the potatoes in any potato salad or potato soup recipe. You'll find the **SECRET to disguising** turnips (page 25 in **Cooking with Judy**) even in Scalloped (NO) Potatoes plus the nutrition values compared to potatoes on page 43 in **Cooking with Judy**.



* You'll need a stiff veggie brush to clean it. Immerse it in cold water in your sink and scrub the dickens out of it to loosen the sand embedded in the hairy roots. Place in a deep saucepan, add 2" of water; cover and steam for 20-30 min or until tender - insert the point of a knife into the side of the bulb. Allow to cool - the skin will slide right off like paper. You can refrigerate the cooked bulbs for several days before preparing the salad or you can dice it up and store in the freezer for a couple of months. Buy them when they are in season, cook, dice and freeze for future use. Be sure to package in serving sizes that fit your needs.

** Heavy cream -- the real deal is actually better for you than the low fat variety. It takes much LESS, has MORE flavor, fills you up, and satisfies you completely.