

Chunky Celery Soup

1 large onion
1 large russet potato
3-4 small - medium carrots
10 medium-length stalks of celery, washed well
3 tablespoons extra-virgin olive oil
2 cloves garlic, chopped
5 cups of lightly-flavored, great tasting, vegetable broth (or water)
2 cups cooked wild rice, brown rice, barley, or wheat Berries

1. Chop the onion, potato, carrots, and celery into pieces that are about 1/2-inch or smaller. Do your best to cut everything roughly the same size, this will keep cooking time across the ingredients somewhat uniform. You should end up with about 2 1/2 cups of chopped celery.
2. In a large thick-bottomed soup pot over medium high heat combine the olive oil, onion, potato, carrots, celery and a few big pinches of salt. Saute for about ten minutes or until the onions and celery soften a touch and expel some water. Stir in the garlic and add the stock. Bring to a simmer and let cook for another 10 minutes or until the celery, carrot and potatoes are just cooked through – resist the urge to over cook them into mush. Stir in the rice a few minutes before the potatoes and carrot are cooked though. Remove the soup from the heat and ladle into soup bowls. Top each with some Parmesan cheese.