

# Crock Pot Cream of Celery and Leek Soup



## Crock Pot Celery and Leek Soup

Most weeks, I have a game plan for all of our meals and a grocery list to organize my trip. I know which nights will be crockpot meals, which nights will be leftovers, and I even anticipate which nights I'll probably be too tired to cook!

But I started this week a day too late. I didn't have my grocery list set and I wasn't quite sure what was for dinner, so I opened the fridge and played a little Food Network-style game show called, "what the hell can I cook with these three ingredients?"

This is part of the amazement of crockpot cooking. With the right balance of seasonings and time, dinner can be a full meal without a lot of struggle.

Tonight's cream of celery and leek soup turned out beautifully. Some of my Facebook followers have been asking for easy soups that are low calorie, too. This dish is very low carb and adding the last step really thickens it up to make it hearty. I even used 1% milk and it still tastes rich

and creamy.

As long as you keep basic ingredients in your pantry and an open mind for culinary adventure, you can make delicious dishes without needing unusual ingredients. I'll still be going to the grocery store tomorrow, though!

### Crock Pot Cream of Celery and Leek Soup

3 Bunches of celery hearts, sliced (about 8-10 cups)

1 lb frozen sliced leeks (or fresh if you can find them)

32 oz Chicken or vegetable broth

14 oz Can sweet corn, cream style

3 Cloves garlic, whole

1 t. Dried dill

1/4 t. Nutmeg

2 Bay leaves

1 t. Salt

1 t. Black pepper

2 T. Corn starch

2 Cups cold milk

Add everything except the last two ingredients to your crock pot. Cook on high for 3-4 hours or until all vegetables are soft. Remove bay leaves. Use immersion blender and purée soup. Dissolve the cornstarch in the cold milk and then add to crock pot. Continue cooking one more hour on high so soup can thicken.

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## Crock pot broth

Last night I cooked an entire crock pot of food with no intention of eating it anytime this week. This is the beauty of the crock pot! I know that next week I want to make a big batch of chicken soup. But, I don't want it to be a day long project, I need it to be an easy meal.

So last night, I crock potted four boneless, skinless chicken breasts, 1 c. baby carrots, half an onion, 1 T. parsley and a little salt and pepper. I set it on high for 4 hours. When it was done, all the broth went into plastic containers for the freezer and the chicken and carrots are in the refrigerator for lunches today. Voila- when I want to make my soup, I simply put the brick of frozen chicken broth into a pot and let it simmer back to soup. Then I can add noodles or rice or more vegetables and have my meal done in a matter of minutes.

Homemade chicken broth is a healthier alternative to using boxed broths or bouillion. Store-bought bases are much higher in sodium and usually have that weird yellow tinge. This easy recipe means that my soup will taste flavorful and look authentic.

You can do this recipe with beef as well, but when the broth cools, I would suggest skimming the fat off of the top. BL/SL chicken breasts are very lean and don't leave much to skim off, but since most cuts of beef have a higher fat content, you would want to remove some the excess. You can also make vegetable broth (try using carrots, celery, leeks, onions and parsley) or fish broth (from any part of the fish) in your

crock pot.

After you make your broth, your chicken, beef, fish or veggies are cooked very soft, but most of the flavor has been boiled out. But, the meat is a great texture to add sauces too, try forking the meat apart and adding BBQ sauce for pulled sandwiches or chopping up chicken for curried chicken salad (see roasted chicken post for recipe). The vegetables can be glazed or broiled and served as a side dish with any future meal.

Hopefully, this post has you thinking ahead to future meals and you'll let your crock pot do your base preparations. Enjoy!