

Cream of celery soup

Savoury

level 

 1

 25 min



Ingredients

200 ml	Fresubin Energy DRINK Neutral
150 g	celery, ready-to-cook
50 g	potatoes, ready-to-cook
20 g	onions
100 ml	meat stock
1 table-spoon	sunflower oil
1 table-spoon	cream (30 % fat)
	salt, pepper, lovage, tarragon

Nutritional information per serving:

Energy	555 kcal
Protein	14.9 g
Fat	32.0 g
Carbohydrate	50.0 g
Fibre	4.7 g



Alternative products:

Fresubin[®] 2 kcal/Fibre DRINK

Preparation

Cut celery, potatoes and onions into small cubes and cook in meat stock. Add Fresubin Energy DRINK Neutral, oil and cream, and purée.

Warm the soup and season to taste.

TIP:

Add some peeled pumpkin seeds. Curry powder gives the soup a special taste.