

Celery Apple Soup

(Linda Schulte, Heliotrope Dr. – from chef at a Birmingham, England restaurant)

½ onion, roughly diced
½ head of celery, roughly diced
3 cooking apples, roughly diced
1 pt. vegetable stock
1 cup flour
3 tbsp oil
Salt, pepper and herbs to taste

Cook onion, celery and apples in oil for about 4 minutes.

Add flour to form a roux then add vegetable stock ***gradually***.

Add salt, pepper and mixed herbs to taste.

Cook until tender.

Put in blender and bring back to heat when ready to serve.

Serves 6 ... delicious fall/winter soup!