

## CELERY

### *Types*

**Celeriac:** Has a fleshy root.

**Stalk:** Developed for leafy stems. Celery seeds can also be used, but have a slightly bitter taste and a more concentrated flavor.

### *Selection Info*

Look for celery stalks that are pale to bright green and crisp when you pull apart the stalks. Avoid celery with wilted leaves or that has black or brown spots.

### *Preparation*

When ready to use celery, cut off the bottom or base then wash under cool stream of running

water. Cut as desired for use.

Celery leaves can also be used and contain many of vitamins and nutrients.

### *Storage*

**Short-Term Storage:** Celery can be stored unwashed in a plastic bag in refrigerator drawer for up to five days.

**Long-Term Storage:** Celery can be dried and frozen.

### *Pairings*

apple, carrot, mushroom, scallion, tomato, raisin, dill, basil, cumin, parsley, yogurt, cheese, almond, lentils, chicken, rice, seafood, egg



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Funding provided by USDA Speciality Crop Block Grant

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# BLACK BEAN SOUP

## Ingredients

- 2 tablespoons vegetable oil
- 1 onion (diced)
- 2 carrots (diced)
- 2 celery sticks (diced)
- 4 garlic cloves (peeled and minced)
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 teaspoons chili powder (or more to taste)
- 3 15.5-ounce cans low-sodium black beans (drained and rinsed) OR use 6 cups cooked (dried) black beans
- 8 cups water
- 1 cube chicken bouillon
- 1 lime (juiced)
- plain lowfat yogurt (optional)

## Directions

1. If using dried black beans, soak them overnight in cold water (about 8 hours). Rinse, place in large pot, and cover with cold water. Bring water to a boil and simmer until the beans are tender (about 30 minutes). Drain before adding to this recipe in step 3.
2. Place a soup or stock pot on the stove over medium heat and when it is hot, add the oil. Add onion, carrots, celery, garlic, basil, oregano, and chili powder and cook about 10 minutes until the onion is soft.
3. Add the beans, water, and bouillon cube. Increase the heat to high and bring to a boil. Then, turn the heat to low and cook about 2 1/2 hours until the beans are very tender and the mixture is uniform in color.
4. If you want a pureed soup, set the soup aside to cool for about 20 minutes. Put 2 cups soup in a blender and put the top on, halfway (this will allow the soup to expand and any steam to escape) and blend until smooth. Transfer to a large container. Repeat using the rest of the soup.

5. Just before serving, squeeze the juice of 1/4 lime on each serving and a tablespoon of yogurt.
6. Serve right away, or cover and refrigerate up to 5 days.



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### Nutrition Information

Serving Size	2.5 cups	
<b>Nutrients</b>	<b>Amount</b>	<b>% Daily Value</b>
Total Calories	322	
Protein	17g	
Carbohydrates	51g	17
Dietary Fiber	20g	80
Total Fat	6g	9
Saturated Fat	0g	0
Cholesterol	0g	
Sodium	613g	26