

**Food**Lin

**Purdue Extension** 

www.purdue.edu/FoodLink

www.purdue.edu/FoodLink

# CELER

Stalk: Developed for leafy stems. Celeriac: Has a fleshy root.

Celery seeds can also be used, but have a slightly bitter taste and a more concentrated flavor.

# Selection Info

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

# Preparation

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

Celery leaves can also be used nutrients.

#### Storage

Short-Term Storage: Celery can be stored unwashed in a plastic five days.

Long-Term Storage: Celery can be

### Pairings

apple, carrot, mushroom, scallion,

and contain many of vitamins and water. Cut as desired for use.

bag in refrigerator drawer for up to

dried and frozen.

lentils, chicken, rice, seafood, egg parsley, yogurt, cheese, almond, tomato, raisin, dill, basil, cumin,

water. Cut as desired for use.

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

Celery seeds can also be used, but

have a slightly bitter taste and a

nore concentrated flavor.

Stalk: Developed for leafy stems.

Celeriac: Has a fleshy root.

### Storage

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

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

with wilted leaves or that has black

or brown spots.

pull apart the stalks. Avoid celery

to bright green and crisp when you

Look for celery stalks that are pale

Selection Info

### Pairings

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

When ready to use celery, cut off

Preparation

the bottom or base then wash under cool stream of running



Looking for a source of fresh local fruits and vegetables???... Look here... www.purdue.edu/foodlink/about.php

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution. Funding provided by USDA Speciality Crop Block Grant

Looking for a source of fresh local fruits and vegetables???... Look here ... www.purdue.edu/foodlink/about.php

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution. Funding provided by USDA Speciality Crop Block Grant

# **BLACK BEAN SOUP**

## Ingredients

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

## Directions

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

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







**Nutrition Information** 

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

# **BLACK BEAN SOUP**

5

# Ingredients

Serve right away, or cover and

refrigerate up to 5 days.

tablespoon of yogurt.

of 1/4 lime on each serving and a Just before serving, squeeze the juice

- 2 tablespoons vegetable oil
- 1 onion (diced)
- 2 carrots (diced)
- 2 celery sticks (diced)
- 4 garlic cloves (peeled and minced)

- 1 teaspoon dried oregano

- 1 teaspoon dried basil

- 2 teaspoons chili powder (or more to taste)
- 3 15.5-ounce cans low-sodium black beans cooked (dried) black beans (drained and rinsed) OR use 6 cups
- 1 cube chicken bouillon
- 1 lime (juiced)
- plain lowfat yogurt (optional)

## Directions

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



UNIVERSITY.





\_earn more about CELERY by scanning the QR code above or by visiting https://extension.purdue.edu/foodlink/food.php?food=celery.



	<b>Nutrition Information</b>	ation	
nder	Serving Size	2.5 cups	
¥ <u>i</u>	Nutrients	Amount	% Daily Value
~	<b>Total Calories</b>	322	
	Protein	17g	
iner.	Carbohydrates	51g	17
•	Dietary Fiber	20g	80
	Total Fat	6g	9
	Saturated Fat	0g	0
	Cholesterol	0g	
nsion	Sodium	613g	26



Extension