



# CELERY ROOT 3 WAYS!

## BLACK BEAN, CELERY ROOT, AND APPLE CHILI

### INGREDIENTS NEEDED:

- 1  
1/2 cup olive oil  
1 medium to large sized celery root  
2 apples  
2 cups chopped onion  
1 cup chopped bell pepper  
6 garlic cloves, chopped  
2 tablespoons chili powder  
2 teaspoons dried oregano  
1 1/2 teaspoons ground cumin  
1/2 teaspoon cayenne pepper  
1, 16 ounce can black beans, drained and rinsed  
1, 16 ounce can crushed tomato  
2 tablespoons lemon juice  
2 cups water

### STEPS:

1. Heat the oil in your stock pot.
2. Add the chopped onion, garlic, celery root, apple, and pepper.
3. Sauté until items are softened (about 5-10 minutes).
4. Add the beans to the stock pot.
5. Add water, tomatoes, lemon juice, and seasonings.
6. Cook for 15 minutes or until flavors combine.
7. Top with your favorite chili toppings.

### CHILI TOPPINGS (OPTIONAL):

- Fresh parsley, chopped
- Sour cream
- Cheddar cheese, grated

Celery root is high in vitamin K and phosphorus!

## SIMPLE ROASTED CELERY ROOT AND ONION

### INGREDIENTS NEEDED:

- 2  
1 medium celery root  
1 small onion  
1-2 tablespoons olive oil  
Salt and pepper

### STEPS:

1. Preheat the oven to 350 degrees.
2. Peel and cube the celery root.
3. Slice the onion.
4. Place veggies on a sheet pan.
5. Drizzle cut veggies with olive oil and sprinkle with salt and pepper.
6. Bake for 20-25 minutes or until golden.

Try this recipe as a topping for burgers or pork chops!

## CELERY ROOT AND RED ONION WHITE PIZZA

### INGREDIENTS NEEDED:

- 3  
1/2 celery root, sliced into thin strips  
1 small onion, sliced thin  
2 prepared pizza dough shells  
2 tablespoons olive oil  
6-8 ounces grated mozzarella cheese  
1 tablespoon dried oregano  
1 teaspoon red pepper flakes  
2 tablespoons Parmesan cheese

### STEPS:

1. Preheat the oven to 450 degrees.
2. Coat the pizza shells with olive oil.
3. Sprinkle the mozzarella cheese, oregano, and red pepper flakes over the pizza shells.
4. Top with the celery root and onion slices.
5. Finish with a final topping of Parmesan cheese.
6. Bake for 12-15 minutes, until cheese is bubbly and beginning to brown.

Did you know that celery root is also known as celeriac?