

Chickpea Celeriac Spiralized Noodle Soup

By Kathy Hester

Here's a gluten-free, soy-free noodle-less vegetable noodle soup. The noodles are actually spiralized veggies!

Servings 4 servings

Ingredients

- 1 medium celeriac celery root, peeled
- 2 medium or 1 large carrots
- 1 tablespoon olive oil or broth
- 1 small onion minced
- 3 cloves garlic minced
- 5 cups water
- 1 1/2 cup cooked chickpeas drained and rinsed if canned
- 1 vegetable bouillon cube
- 1 teaspoon thyme
- 1 teaspoon marjoram
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon turmeric
- 1/4 teaspoon ground rosemary or 3/4 teaspoon dried non-ground





- 1/4 cup nutritional yeast
- salt and pepper to taste
- a few handfuls of chopped kale or greens optional

Instructions

1. Use the spaghetti sized blade on a spiralizer or use a julienne peeler tool to make the noodles from the celeriac and carrots.
2. Celeriac takes some concentration to spiral, but just keep pressing as you turn and you'll make it through just fine. You will use about 3 cups of the celeriac and all of the carrots later, save the rest for another soup or use in another dish.
3. Heat the olive oil or broth in a soup pot over medium heat, once hot sauté the onion until translucent. Add the garlic and sauté another 2 or 3 minutes.
4. Add the water, chickpeas, bouillon, thyme, marjoram, smoked paprika, turmeric and rosemary. Turn the heat up and almost bring to a boil. Add the celeriac and carrot "noodles", then cover and simmer over medium-low until the veggie noodles are tender about 15 minutes.
5. Before serving stir in the nutritional yeast and add salt and pepper to suit your taste. The amount of salt will vary depending on the bouillon you use.
6. I like to throw in some chopped kale right before serving. The warm broth will soften it, but it won't get mushy. If you have a picky eater it's the mushy that seems to bother them the most about greens.





About the author...

Kathy is a blogger at www.HealthySlowCooking.com and www.PlantBasedInstantPot.com, and is passionate about making healthy eating easy and delicious. Her recipes are so full of flavor even the meat eaters in your family will love them too.

Her recipes have been featured in the Washington Post, The Oregonian, Yoga Journal Online, just to name a few. She is also the author of the bestselling cookbook *The Ultimate Vegan Cookbook for Your Instant Pot* and will make you fall in love with your

Instant Pot too!

She also has cookbooks for your slow cooker, *The Vegan Slow Cooker*, and air fryer, *Vegan Cooking in Your Air Fryer*, [see all of her books on Amazon](#).

Spiralized Vegan Latkes with Red Cabbage and Apple

By Kathy Hester

There's nothing quite like a comforting potato latke, but this recipe will have your family and friends dazzled by the colors and extra flavor.

Instead of serving with applesauce, we've added spiralized apple right in with the potato. The red cabbage adds nutrition, flavor and beauty.







Servings 15

Ingredients

- 1/4 cup ground flaxseed mixed with 1/2 cup warm water
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 cups spiralized peeled potatoes about 1 large baking potato
- 2 cups spiralized red cabbage about 1/2 small cabbage
- 1 cup spiralized onion about 1/2 small onion
- 1 cup spiralized apple about 1 large apple
- About 1/4 cup Olive oil for baking

Instructions

1. Preheat your oven to 425 degrees. Prepare 2 baking sheets by greasing heavily with olive oil. You will use 1/8 cup per baking sheet.
2. Please note that you are using the small noodle blade on your spiralizer to prepare the vegetables.
3. Mix the salt and pepper into the flax mixture which will be very thick after it absorbs the water. This is our egg substitute.
4. Mix the potato, cabbage, onion, and apple in a large mixing bowl. I suggest getting in there and mixing with your hands. You want to make sure you get a bite of each one in your latkes.

5. Add in the seasoned flax mixture and mix with a spoon until the flax coats everything. This will take a little longer than you think it should, but don't give up.
6. Place the greased sheet pans in the oven for 6 minutes to heat up the oil.
7. Carefully remove from oven and remember they are hot while you are adding the latkes!
8. Scoop ¼ cup of the latke mixture onto the hot baking pan (it may sizzle) and press down or shape using a wooden spoon. Repeat until all the mixture is used.
9. Using a pot holder put the baking sheets back in the oven.
10. Cook on one side for 15 minutes, then carefully take the baking sheets out and flip the latkes using a spatula.
11. Bake again for 18 - 12 minutes.
12. Serve with unsweetened non-dairy yogurt or sour cream and enjoy!



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