

# Braised Celery - A Simple Side Dish

This braised celery really is such a simple side dish. The recipe has just 5 ingredients, including salt and pepper; turning an underused vegetable into a delicious savory side. The celery mellows as it cooks, yielding to a knife but still with enough crunch to keep it interesting. Perfect to pair with meat for a low carb dinner. Or add it to your Thanksgiving or holiday table for something a little different!



Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins

Course: Side    Cuisine: Modern Australian    Servings: 6 -8

Calories: 48kcal    Author: [Claire | Sprinkles and Sprouts](#)



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## Need Metric Measurements?

Use the options below to toggle between cups and grams (if relevant)

## Ingredients

- 12 stalks of celery
- 2 tbsp butter
- 1/4 tsp salt
- 1/4 tsp pepper
- 3/4 cup vegetable stock

## Instructions

1. Wash the celery then top and tail it, reserving any leaves for later.
2. Cut the celery, on the diagonal, into 1 inch chunks.
3. Melt the butter in a heavy based skillet or pan (one that has a lid)
4. Add the celery, salt and pepper, then sauté gently for 5 minutes until it has started to soften.
5. Add the stock and bring to a simmer.
6. Cover the pan and cook for 5 minutes.
7. Remove the lid and cook for a further 5 minutes so the liquid can evaporate.
8. Serve garnished with any reserved leaves.

## Nutrition

CALORIES: 48kcal | CARBOHYDRATES: 2g | FAT: 3g | SATURATED FAT: 2g | CHOLESTEROL: 10mg | SODIUM: 312mg | POTASSIUM: 208mg | FIBER: 1g | SUGAR: 1g | VITAMIN A: 540IU | VITAMIN C: 2.5mg | CALCIUM: 32mg | IRON: 0.2mg

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Recipe from Claire at Sprinkles and Sprouts xx