

# jerusalem artichoke, leek & bacon soup



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### Ingredients:

2 tbs olive oil  
2 leeks, trimmed, sliced lengthways and thinly sliced  
3 sticks celery, thinly sliced  
175g lean bacon rashers, rind removed and roughly chopped  
750g Jerusalem artichokes, scrubbed and cut into 1cm pieces  
5 cups chicken stock  
salt and ground black pepper

### HEALTH BENEFITS:

#### Jerusalem artichokes

- A great source of a special dietary fibre called inulin, which help 'good' bacteria multiply and keep the colon healthy.
- Good source of soluble dietary fibre. Soluble fibre keeps the intestine healthy and also helps regulate cholesterol.
- Provides potassium. Most people eat too much sodium (from salt) and potassium helps balance the harmful effects of salt on blood pressure.

### Method:

1. Heat oil in a large saucepan over medium heat. Add leeks, celery and bacon and cook, stirring often, for 5 minutes or until leeks are tender.
2. Stir in Jerusalem artichokes and stock. Bring to the boil, stirring occasionally, over high heat. Cover, reduce heat to low and simmer, stirring occasionally, for 25–30 minutes or until Jerusalem artichokes are just tender.
3. Using a blender or food processor, puree mixture until smooth. Return soup to pan. Warm soup, stirring occasionally, over medium heat. Season with salt and pepper to taste. Serve topped with extra crispy bacon, if desired.

**Serves:** 4

**Preparation:** 25 minutes

**Cooking:** 40–45 minutes

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