

Jerusalem artichoke, leek & bacon soup



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Preparation: about 25 minutes

Cooking: about 45 minutes

Serves: 4

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

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 medium-low and simmer, stirring occasionally, for 25–30 minutes or until Jerusalem artichokes are just tender.
3. Using a blender or food processor, puree soup until smooth. Return to pan. Heat soup, stirring occasionally, over medium heat. Season with salt and pepper to taste. Serve topped with extra crispy bacon, if desired.



Jerusalem artichokes

- A good source of potassium which helps to balance too much sodium from salty foods.
- A source of niacin (vitamin B3) which is needed for the body to use proteins, fats and carbohydrates.
- A good source of dietary fibre, including inulin, which helps healthy bacteria develop in the large intestine.