

# Jerusalem artichoke, leek & bacon soup



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Preparation 25 mins | Cooking 45 mins | 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

5½ cups chicken stock

**STEP 1** Heat oil in a large saucepan over medium heat. Add leeks, celery and bacon and cook, stirring often, for 4-5 minutes or until leeks are tender.

**STEP 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.

**STEP 3** Using a stick blender, puree soup until smooth. Heat soup, stirring occasionally, over medium heat until hot. Season with salt and pepper to taste. Serve topped with extra crispy bacon, if desired.

Good for you...

### **JERUSALEM ARTICHOKE**

*A source of potassium which helps to balance sodium from salty foods Provides vitamin C which helps us absorb iron from foods. A source of dietary fibre, including a soluble fibre called inulin, which may benefit healthy bacteria in the large intestine.*

