

Jerusalem Artichoke Soup

Recipe recommended by Victoria Mortimer
BANT Student Member



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	265kj	3%
Energy (kcal)	63 kcal	3%
Fat	1.3g	2%
of which saturates	0.3g	2%
Carbohydrate	9.9g	4%
of which sugars	3.9g	4%
Fibre	2.7g	11%
Protein	1.5g	3%
Salt	0.35g	6%

Generated by Nutritics v5.61 on 7th November 2023

INGREDIENTS: (Serves 4 - 191 kcal per 317g serving)

- 1 tbsp olive oil.
- 1 large onion, chopped.
- 2 cloves garlic, finely chopped.
- 3 x sprigs rosemary (leaves picked and finely chopped) or can use dried.
- 3 x sprigs sage, leaves picked and finely chopped or can use dried.
- 3 sprigs of thyme, leaves picked and finely chopped or can use dried.
- Pinch of black pepper.
- 500g Jerusalem artichokes, scrubbed and thinly sliced.
- 2 x medium sweet potatoes, peeled and cubed.
- 800ml vegetable stock (**CELERY / GLUTEN**).
- 2 tbsp Kefir (**MILK**) opt for naturally processed kefir rather than pasteurized for optimal probiotic content.

OPTIONAL EXTRAS:

Extra seasonal vegetables such as celeriac and parsnips.

METHOD:

1. Heat the oil in a large pan on a medium heat, add the onion and fry gently for 5 minutes until soft.
2. Add the garlic, sage, rosemary, thyme and black pepper and cook for a further few minutes.
3. Add the artichokes, sweet potato and stock, bring to the boil and simmer for c.20 minutes, until tender.
4. Use an immersion blender to make a smooth soup, then season to taste.
5. Ladle into a bowl and drizzle the kefir over the top.

ALLERGENS



CELERY



GLUTEN



MILK

MODIFY

Switch the herbs for a spice mix: cumin, ginger, coriander, turmeric and chili pepper.

Use a gluten and celery free stock for allergens.

CREDIT

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