

Jerusalem Artichoke Soup

This creamy, hearty soup is made with sunchokes, also known as Jerusalem artichoke. These starchy tubers make a satisfying soup when paired with onions, garlic, celery, and stock.

Total Time 40 minutes

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Ingredients

- 3 tablespoons of butter
- 2 chopped onions
- 3 stalks of celery
- 3 cloves of garlic crushed
- Salt and pepper
- 750g Jerusalem Artichoke (peeled and chopped)
- 750g potato (peeled and chopped)
- 1.5 litres vegetable stock

Equipment

- Saucepan
- Knife
- Chopping board
- Ladle
- Stick blender

Instructions

1. Cook the onions and celery in melted butter over a medium heat until soft. Add the garlic and sauté for 1 minute. Add a pinch of salt.
2. Add the potato, artichoke and stock and bring to a simmer. Reduce to low, cover and cook for around 30- 40 minutes or until soft.
3. Puree and serve.
4. Add more salt and pepper to taste.
5. Sprinkle with parsley or any other herbs and serve.

