

# Recipe Card

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## Sunchoke Soup

*By Joyce Moon*

Yield: 4 servings

### Ingredients:

2 Tablespoons Unsalted Butter or Olive Oil  
2 garlic cloves, minced  
1 Onion, minced  
1 leek, white and pale green parts, rinsed and finely chopped  
1 Parsnip, diced  
2 pounds Jerusalem Artichokes (Sunchokes), cleaned well and chopped  
1 quart Bone Broth or Chicken/Vegetable Stock  
1 cup water  
1 teaspoon sea salt  
Salt and Black Pepper  
Yogurt for garnish

### Directions:

1. Heat oil or butter in a pot over medium-high heat
2. Add garlic and sauté for 30 seconds to 1 minute, until fragrant
3. Add onions, leeks, and parsnip. Cook about 5 minutes, until onion is translucent and soft
4. Add the Jerusalem Artichokes and the stock/broth and water to the pot and bring to a boil
5. Reduce heat to low and simmer, covered, about 30 minutes, until Jerusalem artichokes are tender
6. Remove from heat and let cool. Using a blender, puree the soup
7. Add salt and pepper to taste
8. Gently reheat before serving
9. Serve with a dollop of yogurt and garnish with black pepper

Recipes can be found: <http://www.healthiestbest.com/quick-and-healthy-meals>