



# Potato *and* Bacon Soup

## INGREDIENTS

4 rashers of nitrate and preservative free bacon or equivalent (available at Woolworth's)  
4 medium potatoes  
1 large sweet potato  
½ leek  
1 large spring onion  
1 litre of chicken or vegetable stock (I use my home-made stock)  
700ml of water  
3 small cloves of garlic  
½ teaspoon of minced ginger  
1 desert spoon of fresh lemon juice  
2 teaspoons of coconut sugar  
Dairy Free spread  
Salt and pepper to taste.



## METHOD & COOKING

- ✦ Cook the bacon in a fry pan until it is crispy reserving the bacon fat and juices.
- ✦ Peel and chop the potatoes and sweet potato into 2cm chunks (this allows a quicker time for cooking) and peel and roughly chop the leek and spring onion.
- ✦ Mince and grate the garlic and ginger.
- ✦ Melt some of the dairy free spread with the bacon juices in the fry pan.
- ✦ Add the leek, spring onion, garlic and ginger and stir fry until the leek and onion is soft and cooked.
- ✦ Combine the chopped potatoes, stock and water in a large saucepan and bring to the boil.
- ✦ Add the cooked leek and spring onions to the stock making sure you add all the fat and juices. (this is important for the flavour)
- ✦ Add the lemon juice and coconut sugar.
- ✦ Salt and pepper to taste.
- ✦ Reduce heat and cook the potatoes until they are soft and mushy.
- ✦ Once cooked, mash and blend the ingredients together. (I use a hand blender and blend while it is still in the pot)
- ✦ Serve in a deep bowl with a side of crusty bread (gluten free if needed) and garnish with some the bacon.

Serves 4-6