

Jerusalem Artichoke Soup

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/jerusalem-artichoke-chinese-recipe>

Ingredients:

- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 7 ounces onion finely chopped
- 2 cloves garlic finely chopped
- 1 sprig thyme leaves picked, plus extra for sprinkling
- 2 1/4 pounds jerusalem artichokes scrubbed and peeled, if desired, cut into equal sized chunks
- 3 cups homemade vegetable broth or store-bought
- 1 cup whole milk
- 1/3 cup heavy cream
- sea salt
- freshly ground black pepper
- bread unchecked?, to serve, optional
- truffle oil unchecked? A drizzle of, to serve, optional
- 7 ounces jerusalem artichokes scrubbed
- 2 tablespoons unsalted butter

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 45 milligrams
4. Fat: 20 grams
5. Fiber: 11 grams
6. Protein: 9 grams
7. SaturatedFat: 10 grams
8. Sodium: 400 milligrams
9. Sugar: 6 grams

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