



Sweet Potato & Bacon Soup

LOW-MEDIUM IN SALICYLATES

LOW FODMAPS

GLUTEN FREE

DAIRY FREE

Smooth, smoky, and a little bit sassy—this sweet potato soup knows how to warm your belly and make you feel like someone's Nonna just adopted you. It's nourishing, dairy-free, and totally weeknight-worthy

PREP TIME 30 MIN

COOKING TIME: AROUND 30 - 45 MIN

SERVES 4

Ingredients

SOUP BASE:

- 4 rashers of nitrate and preservative free bacon or pork belly strips.
- 4 medium potatoes
- 1 large, sweet potato
- ½ leek
- 1 large spring onion
- 1 liter of chicken or vegetable stock (I use my home-made stock) plus 700ml of water
- 3 small cloves of garlic (Not FODMAP Friendly - eliminate or use garlic infused oil)
- ½ teaspoon of minced ginger
- 1 dessert spoon of fresh lemon juice
- 2 teaspoons of coconut or brown sugar
- Dairy Free spread or butter
- Salt and pepper to taste.

ADD MORE FLAVOUR:

- Can't find nitrate free bacon? Swap it with crispy pork belly pre-marinated in a food friendly soy sauce.
- If you can tolerate herbs and spices, Sage Tyme or Rosemary are nice herbs that will go well with sweet potatoes. NOTE: This will increase the salicylate levels to VERY HIGH.

Directions



MAKING THE SWEET POTATOE BASE:

- 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 (or add the garlic infused oil)
- Melt some of the dairy free spread or butter, add the leek, spring onion (green tops only for FODMAPS), garlic (garlic infused oil) and ginger and stir fry until the leek and spring 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 from stir frying.
- Add the lemon juice and coconut/brown 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)

COOKING THE BACON OR PORK BELLY:

These days it is hard to find nitrate free bacon in the supermarket. I have been replacing bacon in my recipes with pre-marinated pork belly then cook until it is crispy, just like bacon. I like to use a gluten free soy sauce with brown sugar and salt as a marinade, adding flavor to the boring and bland pork belly.

- Cook the bacon/pork belly in a fry pan until it is crispy.
- Add the juices from the cooked bacon/pork belly to the soup base as it adds more flavor. If there is a lot of fat from cooking the bacon/pork belly, just add enough to taste (like a teaspoon)

SERVE in a bowl with a large dollop of cashew nut cream or sour cream, with a side of crusty bread (gluten free if needed). Garnish with some of the crispy bacon/pork belly and chopped up parsley.

Enjoy!