

Bacon, thyme and parsnip soup



Ingredients (serves 4)

- 3 rindless bacon rashers, finely chopped
- 1 brown onion, coarsely chopped
- 2 garlic cloves, crushed
- 1 tsp fresh thyme leaves
- 1L (4 cups) salt-reduced vegetable stock
- 250ml (1 cup) water
- 6 (about 1kg) parsnips, peeled, cut into 2cm pieces
- 80ml (1/3 cup) thickened cream
- Fresh thyme leaves, to serve
- 8 x 1.5cm-thick slices sourdough baguette (French breadstick), toasted

Method

1. Heat a large saucepan over medium heat. Add the bacon, onion, garlic and thyme and cook, stirring, for 5 minutes or until the onion is soft.
2. Add the stock and water to the pan. Increase heat to high and bring to the boil. Reduce heat to medium-high. Add the parsnip and simmer, partially covered, for 15 minutes or until parsnip is tender. Set aside for 10 minutes to cool.
3. Place half the mixture in the jug of a blender and blend until smooth. Transfer to a saucepan. Repeat with the remaining mixture. Place over low heat and cook, stirring, for 2 minutes.
4. Ladle the soup among serving bowls and drizzle over the cream. Sprinkle with extra thyme and season with pepper. Serve with the toasted bread.

Notes

- Freezer Tip: At the end of step 3, bring the soup to room temperature. Transfer to an airtight container. Label, date and freeze for up to three months. Thaw overnight in fridge. Reheat in a saucepan and continue from step 4. Budget tip: To make this soup even easier on your pocket, replace vegetable stock with a large vegetable stock cube and increase the quantity of water to 1.25L (5 cups).