

1. Brussels Sprouts Soup with Bacon 2024

Brussels Sprout Soup with Bacon

Ingredients:

- 5 TBSP** of frying oil - adjust if needed
- ½ LB** of bacon - diced
- 1 ½ LB** of Brussels sprouts - rinsed and cut into halves*
- 1** large onion - peeled and finely chopped
- 2** medium potatoes - cut into large pieces
- 4 cups** of chicken broth
- 2 cups** of water
- 1 cup** of heavy cream
- 1 clove** of garlic - peeled and grated
- 1 TSP** of salt**
- ½ TSP** of ground pepper

*It is easiest to buy frozen Brussels sprouts. If you do so, do not cut it and simply put it frozen into the pot (or previously defrosted). For best results, use fresh Brussels sprouts.

**This recipe assumes that you are working with a sodium-free broth (a broth with no salt added). If you are working with a broth that includes sodium, adjust the amount of salt based on your preference.

Tools:

- Measuring Spoons & Measuring Cups
- Chef's Knife & Cutting Board
- Large Sauce Pan or Medium Pot (about 6 QT)
- Wooden Spoon or High-Temperature Silicone Spatula
- Medium Mixing Bowl (about 3 - 4 QT)
- Immersion Blender or Food Processor or Blender
- Small Hand Grater or Garlic Press (for garlic)

Directions:

1. **Sauté bacon and part of the brussels sprouts:**

- 1.1. Preheat a pot (the same that will be used for cooking soup) on medium-high heat with **2 TBSP** of frying oil and add:

½ LB of bacon

Sauté with occasional stirring for about 2 – 3 minutes.

- 1.2. Then, add:

½ LB of Brussels sprouts (1/3 of the total amount)

Sauté with occasional stirring until the Brussels sprouts get a nice sear (about 2 - 3 minutes).

- 1.3. When done, put into a medium mixing bowl for a later step (including the cooked juices from the bacon).

2. **Soup base:**

- 2.1. Preheat a medium pot on medium-high heat with **3 TBSP** of frying oil and add:

1 large onion - finely chopped

Sauté with occasional stirring until glossy (about 2 - 4 minutes).

- 2.2. Add:

1 LB of Brussels sprouts (the remaining amount)

Sauté with occasional stirring until you reach a little sear on the Brussels sprouts (about 2- 3 minutes).

- 2.3. Add:

2 medium potatoes

Sauté for an additional 1 - 2 minutes with occasional stirring.

3. **Simmering:**

3.1. Add into the pot:

4 cups of chicken broth

2 cups of water

Briefly stir and cover with a lid. Bring to a simmer (about 195°F) with occasional stirring.

3.2. Lower the heat to medium and cook for about 40 minutes with occasional stirring.

4. **Finishing phase:**

4.1. Process the soup with an immersion mixer (while still cooking in the pot).

4.2. Add:

Sautéed bacon and Brussels sprouts from step 1 (with excessive fat)

1 cup of heavy cream

1 clove of garlic - grated

1 TSP of salt

½ TSP of ground pepper

Briefly stir, cover with a lid and cook with occasional stirring for an additional 10 minutes.

4.3. Taste and add salt and/or pepper if needed.

5. Serve with thick sour cream and croutons or fresh bread of any kind.

Bonus recipe:

Leek Soup

6 servings

Ingredients:

4 TBSP of frying oil - adjust if needed

2 leeks

3 medium potatoes – peeled and cut into large pieces

6 cups of chicken or vegetable broth

1 cup of heavy cream

2 cloves of garlic - peeled and grated

Pinch of nutmeg

1 TSP of salt *

½ TSP of ground pepper

*This recipe assumes that you are working with a sodium-free broth (a broth with no salt added). If you are working with a broth which includes sodium, adjust the amount of salt based on your preference.

Best served with:

Croutons

Bread of any kind

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Large Sauce Pan or Medium Pot (about 6 QT)

2 Plates

Wooden Spoon or High-Temperature Silicone Spatula

Immersion Blender or Food Processor or Blender

Small Hand Grater or Garlic Press (for garlic)

Directions:

1. Leek preparation:

- 1.1. Remove and dispose of the root and any dry ends of the green leaves when necessary (you may be able to purchase leeks which are fresh and already have the green ends cut off).
- 1.2. Remove and dispose the outer leaves from the leek.
- 1.3. Thoroughly wash leeks under cold water.
- 1.4. First, roughly chop the white section of the leek (about 2/3 of the leek) and place on one place.
- 1.5. Then slice the green section (the remaining 1/3) and place it on the second plate.

2. Sauté the sliced green section of the leek:

- 2.1. Preheat a pot on medium-high heat with **2 TBSP** of frying oil and add:

The sliced green section of the leek from step 1.5.

Sauté with occasional stirring for about 2 – 3 minutes.
- 2.2. Then place on a plate for later steps (your pot will then be empty and you will be able to use it again in the next steps – no need to clean for the next steps).

3. Sauté vegetables:

- 3.1. Preheat the pot on medium-high heat with **2 TBSP** of frying oil and add:

The roughly chopped white section of the leek from step 1.4.

Sauté with occasional stirring for about 2 – 3 minutes.
- 3.2. Then add:

3 Medium potatoes - cut into large pieces

Sauté with occasional stirring for about 1 – 2 minutes.

4. **Simmering:**

4.1. Add into the pot:

6 cups of chicken or vegetable broth

Briefly stir and cover with a lid. Bring to a simmer (about 195°F) with occasional stirring.

4.2. Lower the heat to medium and cook for 30 minutes with occasional stirring.

5. **Finishing phase:**

5.1. Process until smooth with an immersion blender (while still cooking in the pot).

5.2. Add:

Sliced sauteed leek prepared in the step 2 (now on the plate)

1 cup of heavy cream

2 cloves of garlic - grated

Pinch of nutmeg

1 TSP of salt

½ TSP of ground pepper

Briefly stir together and cook with occasional stirring for an additional 5 minutes (now without the lid).

5.3. Optionally, add water or broth if the liquid evaporates more than it should and then cook for an additional 3 minutes.

5.4. Taste and add salt and/or pepper if needed.

6. Serve with croutons or bread of any kind.

Bonus Recipe:

Croutons

4 - 6 servings

Ingredients:

5 slices of bread - diced *

1 TBSP of frying oil

1 TBSP of Extra Virgin Olive Oil

¼ TSP of ground pepper - ideally freshly ground

¼ TSP of salt - ideally freshly ground

*Any kind of bread can be used, although croutons work best when made from white bread or baguettes.

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Large Fry Pan or Large Stir Fry Pan - Wok or Large Sauté Pan (12" or more)

Wooden Spoon or High-Temperature Silicone Spatula

Directions:

1. Place all ingredients into a cold fry pan and thoroughly stir until combined.
2. Set aside for about 5 minutes.
3. Then place the cold pan with croutons on a medium- high heat burner and sauté with constant stirring until crispy (about 5 minutes).
4. Serve hot or cold, based on your preference.

Disclaimer:

All steps in this recipe are just suggestions, and the author and/or publisher of this recipe is not responsible for the following:

- outcome of preparation
- any health risk related to the incorrect handling of food and/or not following USDA recommendations, such as but not limited to, following the minimum safe serving temperatures
- provide health and dietary advice to readers
- safety during preparation, including incorrect handling of equipment and the equipment's suitability for food preparation, improper cooking techniques, sourcing of ingredients, and anything related to the preparation and consumption of the products of this recipe

All readers are responsible for evaluating if the recipe and its' ingredients and steps fit with their dietary restrictions and can adjust accordingly.