



CLASSIC BEETROOT SOUP (VG)

There's no question that beetroot adds colour to your cooking! This dish is a wonderfully vibrant dish that packs in the flavour. We like to eat it seasonally as its better for you so try this dish from early July onwards.

This root vegetable is high in beta-carotene and folic acid and is excellent for those wanting to stay healthy as eating it regularly helps cleanse the liver and can assist in lowering incidences of heart disease.

The familiar rounded root variety was developed around the 16th Century and gained widespread popularity in Europe a couple of hundred years later.

INGREDIENTS

1 Red onion	1.2 Lt Vegetable stock
2 Carrots	2tbsp Tomato purée
2 Beetroot (large)	1tsp Caster sugar
2 Celery stalks	½ Red cabbage (small)
1 Garlic (cloves)	4tbsp Sour cream
400g Tinned plum tomatoes (chopped)	A few sprigs of fresh dill

METHOD

1. Finely slice the onion. Peel and finely chop the carrots and beetroot, then trim and finely chop the celery
2. Peel and crush the garlic
3. Tip the chopped tomatoes into a large pan and stir in the onion, carrots, celery, beetroot, garlic, veg stock, tomato purée and sugar
4. Bring to the boil and simmer gently for 5 minutes
5. Very finely shred the cabbage, add and simmer for another 30 minutes or until very soft
6. Blend the soup until smooth or leave it as is
7. Serve hot with swirls of the sour cream and a little finely chopped dill sprinkled over

Top Tip

If you want to avoid staining your hands when handling beetroot, wear food gloves!