

LC

V

GF

BEETROOT SOUP



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per serving:
115 kcals 3g Fats
19g Carbs 2g Protein

Ingredients:

- 6 beetroot
- 1 apple
- 2 red onions
- 2 garlic cloves
- 2 vegetable stock cubes
- 3 cups (750ml) water
- handful curly parsley

Preparation:

1. Prepare the vegetables. Peel the beets and apple, core the apple and cut the beets and apple into pieces. Peel and chop the onions and garlic.
2. Heat the oil in a large pan and fry the onion and garlic for 3 minutes on low heat. Add the beet and apple and cook for 5 minutes on medium-high heat. Stir the mixture occasionally.
3. Add the water and the vegetable stock cubes, bring to boil, then reduce heat and cover for 30 minutes.
4. Puree the soup with a hand blender and serve.

