



BEETROOT SOUP

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Serves: 4
Prep: 10 mins
Cook: 30 mins



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



GF

LC

V

WHAT YOU NEED

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

WHAT YOU NEED TO DO

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.

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.

Add the water and the vegetable stock cubes, bring to boil, then reduce heat and cover for 30 minutes.

Puree the soup with a hand blender and serve.