

Beetroot Soup

Beetroot soup is appealing to both the eye and the tastebuds! Beetroot is one of our favourite Scottish grown vegetables at Nutrition Scotland so we're always promoting it's health benefits! Beetroots are full of vitamins, minerals and antioxidants and can be added to salads, dips such as hummus and even simply roasted in the oven. Don't skip the horseradish in this soup!

INGREDIENTS

2 tbsp olive oil
1 large onion, finely chopped
2 garlic cloves, crushed
1kg fresh beetroot, peeled & diced
1.5L veg stock
1 bay leaf
1 tsp horseradish (optional)
Radish (optional)

NOTES

This soup can be served hot or chilled. It can also be frozen if desired for batch cooking.

Many toppings can be added, croutons could be used instead of oatcakes.



METHOD

1. Heat 1 tbsp oil in large saucepan & add onion, frying for 5 mins. Add the garlic, stirring together for 1 min. Add the beetroot & cook for 15 mins.
2. Add stock and bay leaf & bring to the boil. Once boiling, reduce heat & simmer for 30 mins, uncovered. Season well & leave to cool before blending.
3. Remove the bay leaf and blend soup until smooth.
4. For a topping, thinly slice radish and add a tsp of horseradish.
5. Enjoy!



Serves 4



Cost per serving: £1.12



Time to make: 1hr 10 mins