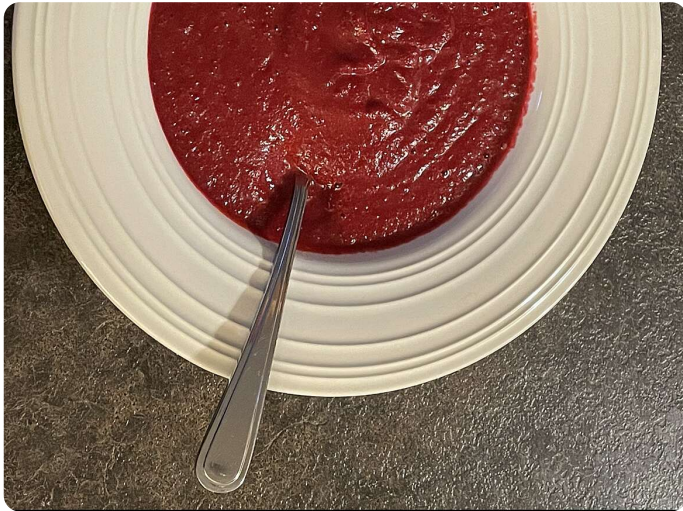


Beet Soup

Savannah · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

4

Description

This beet soup is gorgeous to look at very tasty and full of goodness It is so simple to make with beets sautéed onions and garlic simmered in broth before being finished with a swirl of cream

Ingredients

- - 3 tablespoons olive oil - 1 medium onion
- chopped - 3 cloves garlic
- chopped - 6 medium beets
- peeled and chopped - 2 cups beef or vegetable stock - salt and freshly ground black pepper to taste - ¼ cup heavy cream
- or as needed

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Heat olive oil in a large saucepan over medium heat. Cook and stir onion and garlic in hot oil until soft but not browned
2. about 5 minutes. Dotdash Meredith Food Studios Stir in beets and cook for 1 minute. Dotdash Meredith Food Studios Pour in stock; season with salt and pepper. Bring to a boil; cover
3. reduce heat to medium-low
4. and simmer until beets are tender
5. 20 to 30 minutes. Remove from heat and allow to cool slightly. Dotdash Meredith Food Studios Working in batches
6. pulse soup in a food processor until smooth. Return to the saucepan and cook over low heat until heated through. Dotdash Meredith Food Studios Ladle soup into 4 bowls and garnish each with a swirl of cream. Dotdash Meredith Food Studios