



Dalias Kitchen

recipe card

Beetroot Soup

serves: 2

My mum used to do this simple and delicious soup, all you need is few ingredients,

I do highly recommended using beetroot when they are in season as it taste so much more delicious, and if you can get organic or grow your own - so much the better.

Ingredients:

Vegetable oil
(600 - 800ml) good quality
chicken or vegetable stock
3 tbsp of Greek or natural yoghurt
3 medium potato
3-4 medium beetroot
1 onion
2 small carrots
Salt
Pepper

Method:

Warm 2 Tbsp of oil in a big saucepan, fry the onion until starting to brown, add some sliced carrots and sliced potatoes and fry everything for 5 min.
Pour in stock and bring it to boil and add some sliced beetroot.
Boil all vegetables for 20 min until they are all soft.
Add a spoonful of yoghurt, garnish and serve.

Give a good stir and season with salt and pepper and soup is ready to serve with crusty bread

Enjoy!



Soups and Starters