



Recipe: Puréed Beet Soup

—Courtesy of the Taproot Kitchen

Yield: 4 to 6 servings

Time: 45 minutes to 1 hour

Ingredients:

- 2 tablespoons canola or grapeseed oil
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- Salt and black pepper
- 2½ pounds beets, roasted, peeled and mashed
- ½ pound starchy potatoes, roasted, peeled and mashed
- 1 medium carrot, peeled and chopped
- 6 cups vegetable, chicken, or beef stock - homemade is best
- Juice of 1 lemon
- Sour cream for garnish (optional)
- Chopped fresh dill for garnish (optional)

Steps:

1. Put the oil in a large pot over medium heat. When it's hot, add the onion and garlic and season with salt and pepper. Cook, stirring frequently, until softened, 5 to 7 minutes. Add the beets, potatoes, and carrot and cook, stirring constantly, for 2 minutes, then add the stock.
2. Bring to a boil, then cover and reduce the heat so the mixture simmers gently. Cook until the vegetables are fully tender, 20 to 30 minutes. Add the lemon juice and purée with an immersion blender. Taste and adjust the seasoning, and serve hot or cold, garnished with the sour cream and dill, if desired. (Store leftover soup in an airtight container in the refrigerator for up to several days.)



This recipe is from Global Connections **Fresh Farm American Cultural Luncheon**, September 14, 2017. For more Cultural Luncheons recipes, visit <http://www.gc-cc.org/events/cultural-luncheons>