



## Beetroot Soup

Serves 4

The dark purply-red pigments in the beetroot skin, flesh and root contain potent anti-oxidant and anti-inflammatory properties. Its glutamine content is also beneficial to gut health. This lovely earthy soup is easy to prep, and packs a nutritious punch.

### *Ingredients*

Pre-cooked packet of 4 small beetroot or 3 raw beetroot, skin on, roots removed, scrubbed

1 onion

2 sticks celery, chopped

1 leek or 1 fennel bulb

1 ltr **vegetable stock**, or water with **nutritional yeast** or **miso**

Fresh parsley

Salt and pepper

Sour cream or natural yoghurt (optional)

Place all the ingredients into an appropriately sized soup maker, and follow the usual instructions, or into a large saucepan and put on the lid.

Boil and then simmer for 15 minutes. Remove from the heat, and then carefully blend with a hand blender. Chop the parsley and stir through soup. Season, add a dollop of sour cream or natural yoghurt, and serve.

