

roasted beet soup

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Prep time: 20-30 minutes

Cook time: 45-60 minutes + 1-2 hours cooling

Servings: 4-6

Ingredients:

1½ lbs roasted, trimmed beets (about 4-6 medium-lg beets)

2 ½ qts chicken stock

3 T olive oil

5-6 cloves garlic

1 T honey

1 tsp apple cider vinegar

1 tsp salt

1/8 tsp white pepper

2-3 T sour cream or crème fraîche

Directions:

Wash beets and place in roasting dish. Leave whole for smaller beets and halve larger beets so they are all a similar size for cooking.

Toss in 5-6 garlic cloves. It is not necessary to peel them

Drizzle with olive oil

Cover beets with aluminum foil and cook for 45-60 minutes until soft

Remove beets from oven and remove the foil. Leave to cool for a couple hours or remove contents of roasting pan and place in a dish to cool faster

Peel and trim beets

Place 1 quart stock, trimmed beets, honey, vinegar and oil from the roasting dish in a blender and puree till smooth.

Put blended soup into a pot and add remaining stock and stir in well

Re-heat as desired

Garnish with sour cream or crème fraîche or try some fresh dill or thyme as well