

The vitamin bomb

sour beetroots cream soup



Quantity: 4



Preparation time: 2 hours



Fit and healthy

1.5 l of vegetable broth

6 medium beets

half an onion

half an apple

2 garlic cloves

20 g of butter

100 ml beet leaven

Salt, pepper

Peel the beets and bake them for 1 hour at 180°C. Take them out and leave them to cool down.

Hollow out the apple and then cut all the vegetables into slices. In a pot, fry the onion in butter, add the beets, garlic and apple and stew for 15 minutes.

Add half the broth, cover with a lid and cook for another 30 minutes.

Then use a blender to mix the soup. If the cream is too thick, add more broth and beet leaven*. Season with salt and pepper.

**You can buy it in grocery stores or use beet concentrate.*

