

Beet and Apple Soup

Serves 4

I love beet and enjoy coming up with new ways of serving it. I have several beet soup recipes – this one is easy to make and is enhanced by the sharpness of apples. It's also a great recipe for this time of year since we roast and freeze the fresh beet in September so we have the it hand in June and July!

6 medium sized beet
1 onion
2 sharp apples
¼ cup cooked rice
2 pints/4 cups/1 litre vegetable stock
1 tablespoon lemon juice
Salt and pepper to taste

Optional sour cream to serve

Pre heat oven to 350f. Wash beet and place in a roasting tray, cover with foil and roast for 45 minutes or until tender when pierced with a sharp knife. Cool, peel, dice to ½" and set aside.

Dice the onion, peel and dice the apples. Put into a pan with the reserved beet, the rice and the stock. Simmer until everything is tender – about 20 minutes. Cool a little then puree with an immersion blender or in a food processor. Add lemon juice, more water as needed and salt and pepper to taste. Reheat gently and serve with a spoonful of sour cream.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

