

Beetroot soup with dill & feta



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Preparation: about 30 mins **Cooking:** about 1¹/₄ hours **Serves:** 4–6

Ingredients:

- 4 trimmed* medium beetroot (about 650g)
- 2 tbs olive oil
- 1 large brown onion, roughly chopped
- 2 sticks celery, sliced
- 2 medium carrots, peeled and sliced
- 1 medium potato, peeled and chopped
- 2 garlic cloves, finely chopped
- 5¹/₂ cups chicken stock
- 3 drops Tabasco sauce (or to taste)
- 1/4 cup sour light cream
- 2 tbs finely chopped dill
- salt and ground black pepper
- 75g Greek feta cheese, crumbled

**Trim beets leaving about 5cm stalks and the root attached*

Method:

1. Cook beetroot in a large saucepan of salted boiling water for 35–40 minutes or until just tender when tested with a skewer. Drain and refresh in cold water. Peel beetroot, roughly chop and set aside. Rinse out saucepan and dry with paper towel.
2. Heat oil in the saucepan over medium heat until hot. Add onion, celery, carrots, potato and garlic and cook, stirring occasionally, for 10 minutes. Add beetroot and stock and bring to the boil. Reduce heat to low and simmer for 20 minutes or until vegetables are tender.
3. Using a blender or food processor, puree soup in batches until smooth. Return soup to the saucepan. Add Tabasco to taste, sour cream and 1 tbs dill and heat over medium-low heat until hot. Season with salt and pepper to taste. Ladle into serving bowls. Sprinkle with feta and remaining dill and serve.

Beetroot:

- Most people know that green vegetables provide folate, but beetroot has lots of this important B vitamin too. Folate helps heart health.
- A good source of dietary fibre, which helps keep the digestive system functioning well.
- Add beetroot to burgers and its potassium will to help balance the sodium from the salt in other ingredients.