

Roasted beetroot & leek soup



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Preparation 20 mins | Cooking 1 hour 15 mins | Serves 6

700g trimmed beetroot*
2 tbs olive oil
2 leeks (white part only), halved lengthways, washed and sliced
400g Desiree potatoes, peeled and chopped
3 garlic cloves, finely chopped
5 cups chicken or vegetable stock
Reduced fat sour cream and snipped chives, to serve

STEP 1 Preheat oven to 180°C/160°C fan-forced. Individually wrap beets in foil and place on a baking tray. Roast for 50-60 minutes or until tender when tested with a skewer. Carefully remove foil and set beets aside to cool. Wearing rubber gloves, peel beets then roughly chop and set aside.

STEP 2 Heat oil in a large saucepan over medium heat. Add leeks, potatoes and garlic and cook, stirring occasionally, for 4-5 minutes until leeks soften. Add beetroot and stock, cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 20 minutes or until potatoes are tender.

STEP 3 Using a hand-held blender, blend soup until smooth. Season with salt and pepper to taste. Warm soup over low heat. Ladle into serving bowls. Top each with a dollop of sour cream, sprinkle with chives and serve.

**Note, about 3 large beets. Trim beets leaving about 5-6cm stalks and root attached.*

Good for you... **BEETROOT**

A good source of folate, a B vitamin that contributes to normal growth and development in children as well as the formation of blood cells. One medium beetroot provides about half an average adult's recommended dietary intake of folate. The purple pigments in beetroot, known as anthocyanins may act as antioxidants. Provide dietary fibre, needed for a healthy digestive system.

