

# Beetroot soup with sour cream & dill



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Preparation 35 mins | Cooking 1 hour 30 mins | Serves 4-6

- 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
- 5 1/2 cups chicken stock
- 3 drops Tabasco sauce (or to taste)
- 1/3 cup reduced fat sour cream
- 2 tbs finely chopped dill
- 75g Greek feta cheese, crumbled

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

**STEP 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. Wearing rubber gloves, peel beetroot, roughly chop and set aside. Rinse out saucepan and dry with paper towel.

**STEP 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, cover and bring to the boil. Reduce heat and simmer for 25-30 minutes until vegetables are tender.

**STEP 3** Using a hand blender, puree soup until smooth. 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.