



Two Beet and Ginger Soup

This is made with two types and colors of beets. You can use just one if you like.

Serves 6
Blender

Prepare a baking sheet with sprayed foil
Preheat oven to 400°F

1/2 lb	red beets, peeled and washed, quartered
1/2 lb	yellow beets, peeled and washed, quartered
2 tbsp	olive oil
1/2 tsp	sea salt
2 cups	vegetable or chicken broth
1 tbsp	fresh ginger, minced
2 tbsp	freshly squeezed lemon juice
	Salt
	Freshly ground black pepper
	Sour cream

1. On a half of a baking sheet separated with foil, toss red beets and sprinkle with salt, do the same with the yellow beets. Place into the oven and bake until fork tender, about 45-60 minutes.
2. In a saucepan, heat the broth with the ginger until very hot
3. Add yellow beets to the blender with half of the heated stock and 1 tbsp of lemon juice. Puree until smooth. Place into a large pourable container.
4. Add red beets to the blender bowl (it can stay dirty) with the remainder stock and lemon juice. Puree until smooth. Place into a large pourable container.
5. Take an individual serving dish and with both mixtures pour from opposite sides of the bowl, thus creating a two-toned soup.
6. Top with sour cream and salt and pepper to taste.