

Beetroot & Carrot Soup

Servings: 2l ±

Prep Time: 20min

Cook Time: 20min



Ingredients

- 1 kg beetroot, peeled & quartered
- 1 kg carrots, peeled & quartered
- 2 litres vegetable stock (boiling water mixed with vegetable stock cubes)
- 2 cups reserved vegetable stock
- 1 cup double cream
- Greek yoghurt
- A handful of chopped fresh dill
- 10 ml red wine vinegar
- Salt and pepper

Directions

1. Place the beetroot, carrots and stock in a large pot and bring to a boil. Cook for about 20 min. until soft. Remove from the heat.
2. Strain the vegetables, reserving the liquid. Place the beetroot and carrots in a food processor and process to a smooth pulp.
3. Add 2 cups reserved stock, the yoghurt and dill, continue to process until very smooth. Add the vinegar, salt and pepper, and mix briefly.
4. Taste and adjust seasoning if necessary. Serve with a dollop of yoghurt and some chopped dill, and crusty bread.