Posted on 23 October 2012

by ewfood

Beetroot Soup



Ingredients

700gr cooked beetroot
1 onion, 1 clove of garlic
1 and ½ plain low fat yogurt
2 tbs.olive oil
½ lemon juice
Some chives
Salt, pepper and a pinch paprika powder for seasoning

Preparation

1. Peel the onion and the garlic, dice and cook them in a pan with olive oil for about 10 minutes.
2. Cut the beetroot and mix it with the onion, garlic fondue.
3. Pour this puree into a sauce pan with 60cl of water, a bit of salt, pepper and paprika.
4. Bring to boil for 5 min.
5. Take the sauce pan off the heat and stir the yogurt in.
6. Season to taste.
7. Mix the remaining ½ yogurt with the lemon juice and blend into the soup.
8. Serve and sparkle with chopped chives

Cooks Note

Preparation 15 min.Cooking time 15 min.

For 6 persons