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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