

Beet Soup

Ingredients:

6 servings

2 big beets, cooked (750 g)	Salt
2-3 medium potatoes (400 g)	Pepper
2 medium carrots	Nutmeg
2 medium yellow onions	1 bay leaf
1 garlic clove	3 cups water
some ginger root	2 cups milk, low-fat
2 tbsp olive oil	100 g chickpeas (0.5 can)
Mix of herbs	100 g ricotta

Directions:

- 1 Peel and cut beets, potatoes, carrots and ginger. Chop garlic. In a pot, sweat onions, then add garlic and sweat for another 1-2 minutes. Add ginger, potatoes, and carrots. Roast for about 2 min. Add water and milk, bring to boil. Finally add the bay leaf and season with salt, pepper and nutmeg. Cook for about 15 min. or until vegetables are tender.
- 2 Add the beets, take out the bay leaf. With a mixer, puree the vegetables. Then, add the milk and put the bay leaf back in. Bring to a boil again.
- 3 Let cook for another few minutes. Meanwhile add 1 tbsp olive oil to a pan, roast chickpeas until they are golden. Then add some spices and roast for another 1-2 minutes.
- 4 Top soup with 1 tbsp ricotta and some chickpeas and thyme.

Hint: Enjoy with a slice of homemade bread.

For more energy density substitute low-fat milk for full-fat milk.

Nutrition (per serving):

Energy	225	kcal
Fat	7.1	g
Carbohydrates	29.6	g
Fibre	5.2	g
Protein	9.6	g
Sodium	314	mg

Tbsp...Table spoon

tsp...Tea spoon

Cup...240 ml