

Recipe

BEET AND COCONUT SOUP

SERVES 6

THE GOODS:

- 1/4 onion, medium diced
- 2 cloves garlic, finely diced
- 4 large beets, peeled and medium diced
- 1-2 can coconut milk
- 3-4 cups vegetable stock

THE METHOD:

In a saucepan, sauté garlic and onion until translucent.

Add beets and sauté for about 7 minutes.

Add veggie stock so that all the veggies are covered plus about 1 inch. Cover and simmer until beets are soft.

Puree, then add coconut milk and stir until blended. Add more coconut milk until desired consistency is reached.

Garnish with fresh dill, basil and/or parsley.

Great with added green vegetables or protein!

Boulder Nutrition