

Beetroot & Red Onion Soup

8 portions

INGREDIENTS

60ml olive oil
500g red onions, chopped
2 garlic cloves, finely chopped
500g beetroot, coarsely grated
30ml balsamic vinegar
750ml vegetable stock
150g red chard
Salt and black pepper for seasoning



METHOD



Beetroot juice can stain very easily. Gloves are useful as are older chopping boards!

1. Heat oil in a large pan over a medium heat and fry the onion for 5 minutes, adding the garlic after 3 minutes.
2. Add the beetroot and fry for a further 3 minutes. Add the balsamic vinegar and cook another 1 minute.
3. Add the stock, salt and pepper and bring to the boil. Cover and cook over a low heat for 10 minutes.
4. Purée the soup in batches in a blender until smooth and return to a clean pan.
5. Meanwhile, cut the chard leaves off the stalks, slice the stalks about 1cm thick and thinly slice and chop the leaves. Add all chard to the pan, cover and cook for another 7 minutes.

Serving Suggestion - top with a drizzle of natural yoghurt and grated pickled beetroot.