

## 'What's Cooking!' Recipe Cards

## CRIMSON BEETROOT BROTH

**Food Fact:-**

Herbalists know it as the 'vitality plant' due to its health-giving properties - the fact it's rich in magnesium and iron makes it good for the blood.

Beetroot has no fat, hardly any calories and is a good source of fibre.

Some people consider that a salad isn't a salad without an essential ingredient - beetroot. Sliced, grated or whole - what a choice! Sweet-tasting beetroot has been around for a long time, since pre-Roman times at least.

**Preparation time** 8 mins

Serves 4-6

**Cooking time** 10 mins



## CRIMSON BEETROOT BROTH

Ingredients

1. Peel and slice the onion, place in microwavable bowl and cook on high for 2 mins
2. Add carrots and potatoes and cook on HIGH for 4-5 mins or until soft.
3. Grate in the beetroot if using raw, or dice if using ready-cooked.
4. Add the stock, cook on HIGH for 2 mins then on medium until vegetables are tender.
5. If you like, liquidise the soup briefly in a blender.
6. Serve hot, or chilled, topping each portion with a spoonful of the walnuts mixed with yogurt or crème fraîche.

**1 onion**

**600g (3 cups) raw or ready-cooked beetroot (not in vinegar)**

**3 diced carrots**

**250g (1 3/4 cups) diced potatoes**

**1 tbsp olive oil**

**1 litre (3 1/2 cups) hot vegetable stock**

**salt and pepper**

**For the topping 6 tbsp low-fat natural yogurt, or low-fat crème fraîche**

**3 tbsp finely chopped walnuts**