

Beet and Sweet Potato Soup

PREP TIME: 20 TO 25 MINUTES

COOK TIME: 30-TO 40 MINUTES

MAKES: 7 TO 8 CUPS OF SOUP

SERVING SIZE: 1 CUP

DIRECTIONS

1. Peel and slice or chop all vegetables.
2. Heat a large soup pot over medium/high heat and add 4 Tbsp olive oil. Add chopped beets and cook for 5 minutes, stirring occasionally until beets are softened.
3. Add chopped onion and celery to the pot. Stir occasionally until softened and lightly golden (6-7 minutes).
4. Add 8 cups broth and 2 cups water.
5. Add sliced or chopped potatoes and sliced carrots then cook for 10-15 minutes or until easily pierced with a fork.
6. Rinse and drain a can of beans of your choice and add to the pot. Reduce heat and simmer for 8-10 minutes.
7. Serve warm.

TIPS

- Add in your favorite spices or seasonings for extra flavor.
- Pour over cooked rice for added nutrients.
- Add or substitute your favorite vegetables.

NUTRITION FACTS

365 Calories // 8g Fat // 8g Saturated Fat
5g Protein // 37g Carbohydrates // 7g Fiber
// 156mg Sodium

Recipe adapted from: <https://natashaskitchen.com/classic-russian-borscht-recipe/>
Nutrition Facts: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169145/nutrients> and
<https://www.pickuplimes.com/recipe/creamy-beetroot-sweet-potato-soup-260>
Image from: <https://natashaskitchen.com/classic-russian-borscht-recipe/>



INGREDIENTS

- **3 medium beets, peeled and grated**
- **3 medium sweet potatoes, peeled and sliced into bite-sized pieces**
- **2 carrots, peeled and thinly sliced**
- **2 celery ribs, trimmed and finely chopped**
- **1 medium onion, finely chopped**
- **1 can of beans of choice**
- **8 cups vegetable broth + 2 cups water**
- **4 Tablespoons of olive oil**

