

Beet, Ginger & Coconut Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 1 Yellow Onion
- 3 Garlic (cloves, finely diced)
- 1 tbsp Ginger
- 3 Beet (Peeled and roughly chopped)
- 5 cups Vegetable Stock (Or water)
- 1 cup Organic Coconut Milk
- 1/2 tsp. Sea Salt & Black Pepper (or more, to taste)
- 1 tsp Fennel Seed (toasted and divided for garnish)
- 2 tbsps Italian Parsley (Chopped)
- 2 tbsps Cooked Beets (Julienned, optional ingredient)

DIRECTIONS

- 01 Saute onion in oil over medium heat until translucent. Add garlic and ginger, stir for about 5 minutes. Add beets and 4 cups stock and bring to a boil. Reduce heat and simmer till beets become tender. (around 15 - 20 minutes)
- 02 Blend with immersion blender or regular blender while adding enough remaining stock to reach desired consistency. Stir in coconut milk, 1/2 tsp. salt and 1/4 tsp. pepper.
- 03 Garnish with parsley, toasted fennel seeds and julienne cooked beets if desired.