

Less than 45 minutes

Serves 3-4

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Ingredients:

- 1 bunch (5) beetroots
- 2 Tbsp (30ml) olive oil
- 1 carrot, sliced
- 1 red onion, sliced
- 1 leek, rinsed and chopped
- 2 cloves garlic, chopped
- 8 cups (2L) vegetable stock
- 2 bay leaves
- ¼ head red cabbage, shredded
- Salt and milled pepper
- Sour cream and fresh dill, for serving

Method:

1. Boil beetroots in water for 20 minutes or until tender.
2. Drain, peel and quarter beetroots.
3. Heat oil in a large pot and sauté carrot, onion and leeks.
4. Add garlic and fry for another minute.
5. Add stock, bay leaves, cabbage and beetroot. Season.
6. Simmer for 5-8 minutes until beetroot and cabbage are tender.
7. Roughly blitz soup with a stick blender to desired consistency.
8. Serve soup with a dollop of sour cream and garnish with dill.