

# Beetroot & carrot soup

SERVES - 4

## NUTRITION PER SERVING

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Fat: 6 g

Carbs: 17 g / Fiber: 4 g (Net Carbs: 13 g)

Protein: 2 g

This is a lovely soup to enjoy as Autumn begins to set in. You can spice it up however you like. Here I've used tandoori masala spice, a mixture of ginger, garlic, fenugreek, mace, cassia, clove cumin, pepper and cardamon.

Beetroot is amazing for the blood. Beets contain fibre, vitamin B9, manganese, potassium, iron, and vitamin C. Carrots are great for eye health and hormone balance. The orange colour is beta carotene which converts into vitamin A. They also contain B6 + B7 (biotin), potassium, and vitamins K1 which coagulates the blood and improves bone health.

## INGREDIENTS

- 300 g beetroots
- 200 g carrots
- 1 red onion
- 2 celery stalks
- 1 clove garlic
- 1 T olive oil
- 1 t tandoori masala
- 1/2 t chilli flakes
- splash of Worcestershire sauce (optional)
  
- Feta cheese (optional)

## METHOD

1. Dice onion and celery and add to a large pan with olive oil and sweat down for 10 mins.
2. Wash and chop carrot and beets with skin on, add to the pan and cook for 10 mins.
3. Add water and simmer on low for another 10 - 20 mins, till the veg is tender (use a sharp knife to test).
4. Allow to cool slightly and carefully blend using a stick blender, or liquidiser (be careful, hot soup can be explosive).
5. Serve in bowls with a crumble of feta cheese on top.