

Beet Ginger Coconut Soup

Sue Van Raes

THE GOODS

1 onion, medium diced
4 large beets, peeled and medium diced
1-2 can coconut milk
32 ounces (1 carton) organic vegetable stock
1 inch fresh ginger (grated)
Salt to taste
Garnish with microgreens, chives, or parsley

THE METHOD:

In a saucepan, sauté onion until translucent. Add beets and sauté for about 7 minutes. Add veggie stock and the ginger so that all the veggies are covered plus about 1 inch. Cover and simmer until beets are soft. Puree with an immersion blender or counter top blender in stages until smooth. Add coconut milk and stir until blended watching the most beautiful color of pink emerge. Add more coconut milk until desired consistency is reached. Garnish with fresh microgreens, chives or parsley. Enjoy this soothing soup.



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