



South African Recipes

"cooking with confidence"

Beetroot soup

By: Anton Mac Donald

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Ingredients

- 6 00 g Beetroot
- 2 Leeks (175 G)
- 2 Potatoes (300 G)
- ½ Cup red lentils
- 2 Tsp BBQ spice
- 200 G Creme fraiche
- Salt (to taste)

Method

- Peel the potatoes and raw beetroot and cut into chunks and set aside.
- Cut the leeks in thin slices and fry in a little oil.
- Fry leeks until start to change color.
- Add the spice and fry until spice change color.
- Add 8 cups of water, potatoes, beetroot and red lentils.
- Cover pot and simmer slowly until beetroot is soft.
- Blend soup until puree using a stick blender or normal blender.
- Add the creme fraiche and simmer for 2minutes.

Serve 6 large portions