

BIG RED BEET SOUP



Beetroot Soup with Spider made of olives for Halloween

BEETROOT SOUP

A fun beet soup made with base of beetroots. Combine it with the Greeny Goo Soup and add a spider made of olives for Halloween fun.

Blood Beet Soup



Prep time

15 mins

Cook time

35 mins

Total time

50 mins

Blood beet soup for Halloween.

Author: Dom's Kitchen

Recipe type: Soup

Type of food: Paleo

Serves: 4

What you need:

- 3 tbsp butter (ghee), coconut oil, lard or tallow
- 1 red onion, chopped
- 1 red capsicum
- 3 garlic cloves, minced
- 5 medium beetroot, peeled and chopped
- ¼ cup tomato paste
- 2 cups fresh chicken stock
- coconut cream (optional)

What to do...

1. Heat the fat in a large sauce pan and cook the onion and garlic for about 5 minutes, until soft.
2. Add the capsicum and stir until capsicum softened.
3. Add the chopped beets and cook for another minute.
4. Stir the stock in, optionally season with freshly ground black pepper and sea salt and bring to a boil. Reduce to a simmer and let simmer for about 25 minutes, until the beet cubes are tender.
5. With a blender or food processor work in batches and process to the consistency of a purée.
6. Serve in bowls and swirl a bit of coconut milk or heavy cream on top of the bowls if desired.

