



# Velvety beet soup

20'  
Hands on

40'  
Cook Time

8-10  
Portion(s)

1  
Difficulty



## Method

- Place a **pot** over high heat and add the olive oil.
- Coarsely **chop** the onion and add it to the pot. Add the thyme, the garlic finely chopped, and sauté.
- Cut the fennel bulb in half, remove the stem and the leaves, and cut it into large pieces. Add it to the pot and mix. Set the fennel leaves aside to serve.
- Cut the potato into cubes and add them to the pot. Add the lemon zest, the beets, the wine, the vegetable stock, salt, and pepper.
- Cover with the lid and boil at medium-low heat for 30-40 minutes.
- Beat with an immersion blender until you get a smooth and velvety texture. If it turns out too thick, add a little water and beat again.
- Add the heavy cream into a bowl and whisk until it has a yogurt-like texture. Add the cinnamon, the cloves, and mix. Set aside.
- Serve the soup with the cream, almond slivers, fennel leaves, pepper, and olive oil.

## Ingredients

- 1 onion
- thyme
- 1 clove(s) of garlic
- 2-3 tablespoon(s) olive oil
- 250 g fennel bulb
- 300 g potatoes
- lemon zest, of 1 lemon
- 600 g beetroots
- 50 g white wine
- 1 1/2 liter vegetable stock
- salt
- pepper

### To serve

- 100 g heavy cream 35%, ice-cold
- cinnamon
- cloves
- almond slivers
- fennel leaves
- pepper
- olive oil

## Διατροφικός πίνακας

### Nutrition information per portion

85 Calories (kcal)	2.6 Total Fat (g)	0.5 Saturated Fat (g)	12.0 Total Carbs (g)
4%	4%	3%	5%
5.7 Sugars (g)	2.1 Protein (g)	3.2 Fibre (g)	0.2 Sodium (g)
6%	4%	13%	3%