

Thai Beetroot Soup (vegetarian)

During this cold season (here in Europe) there's nothing better than a warm soup. Fresh Thai spices combined with healthy beetroot and sweet honey make a very delicious soup with a unique color.

Preparation time: **20 min** + Cooking time: **1h** = **Total time: 1h 20 min**

- 1 onion, diced
- 5 beetroots, medium sized
- 2cm ginger, diced
- 2 tb. olive oil
- 2 tb. cider vinegar
- 1 tb. honey
- 500ml vegetable stock
- 500ml coconut milk
- ½ lime (juice)
- 2 tb. coriander leaves, chopped
- salt
- pepper



Simple Steps to Succeed

1. Peel the beetroots, cut in medium sized pieces.
2. In a big pan, brown the onions using the olive oil.
3. Add the beetroots and the ginger, let it fry for a minute.
4. Deglaze with cider vinegar, then add the vegetable stock.
5. Put the lid on and cook for 60 minutes on small heat.
6. Pour into a blender (or use a hand-held blender instead), blend and pour back in the pan.
7. Add the coconut milk, heat up.
8. Season with lime juice, salt and pepper.
9. Garnish with chopped coriander leaves.

Tips:

- To shorten the cooking time, use a pressure cooker. Then cook for only about 30 minutes.

Source: "so´up suppenbar" in Basel, Switzerland (so-up.ch)