



Beet, Fennel and Ginger Soup

Ingredients

Beets, chopped
Savoy cabbage, chopped
Fennel bulb, chopped
Onions, chopped
Garlic, chopped
Gingerroot, chopped
Vinegar, red wine
Vegetable (or chicken) stock
Ground black pepper
Nonfat yogurt
Fennel sprigs

Amounts

5 cups 7-8 medium
5 cups 1/4 head
2 cups 1/2 stalk
1 cup 1 medium
1 cup 1 tbsp.
1/3 cup 1 1/2
1 oz.
2 qt.
1/4 tsp.
5 oz.
1 1/2 tbsp.

Method

1. Combine the beets, cabbage, fennel, garlic, ginger, vinegar and stock in a soup pot. Bring to a boil, cover, and simmer until the vegetables are tender.
2. Strain the soup, reserving the liquid. Puree the vegetables and a small amount of the reserved liquid in a blender until smooth.
Use the remaining liquid to adjust the consistency of the soup. This soup may be served hot or cold.
Garnish with yogurt and fennel.

Serves 10, 6 oz. portions

savory

