

BEETROOT SOUP WITH FETA CHEESE

Ingredients.....

500g Beetroot, peeled and finely chopped
400g tin chopped tomatoes
1 Onion, finely chopped
2 cloves of garlic, crushed
500ml boiling vegetable stock
Salt and pepper
100g crumbled feta cheese
Oil for frying

Heat oil in heavy based pan and add onion, garlic and beetroot. Saute until soft. Add chopped tomatoes

Add seasoning and boiling stock. Simmer for 15-20 minutes until beetroot soft

Reserve $\frac{1}{4}$ of the soup mixture and liquidise the remainder. Adjust seasoning

Crumble the feta and reserved diced vegetables



sidsfruitandveg.co.uk