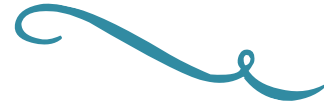




Jeanny's Beet Soup



THE BEST THINGS IN LIFE ARE THE SIMPLEST.

This soup was inspired by my husband's sister-in-law, Isabelle, whose grandparents were farmers in Southern France, and who resourcefully utilized every aspect of the land in their kitchen. Seasonal vegetables or those stored during the winter went into their daily kitchen pot of simmering soup. This kitchen centerpiece is known as a "marmite," a staple in every country kitchen and the source of each night's meal of nourishing goodness.

INGREDIENTS:

1 1/2 pounds peeled beets
1/2 pound peeled potatoes
1 onion, peeled and quartered
8 cups water, vegetable or chicken stock, or bone broth
1 tsp sea salt
1/2 tsp pepper
Juice of 1 lime

INSTRUCTIONS:

1. Place beets, potatoes, and onions into a large pot.
2. Pour liquid over vegetables, and add in salt and pepper.
3. Cover pot, and turn heat to high, bringing the mixture to a boil.
4. Once boiling, turn heat to low, and simmer (keeping covered) for about 1 hour, or until beets are tender.
5. Turn off heat, and blend the soup either with an immersion blender or in a blender, itself.
6. Add in the juice of 1 lime.

Garnish Options:

Serve with a dollop of coconut cream, sour cream, or creme fraiche;
chopped parsley or cilantro; croutons or your favorite slice of bread or crackers.

Gretchen Dunoyer, Vibrant Health Integrative Nutrition