



Creamy Beetroot Tomato Soup

Serves 2

What you need to do

1 beetroot, cubed
3 tomatoes, large sized, cubed
1 onion, medium sized, cubed
½ inch ginger piece
4 garlic cloves
8 fl oz. (240ml) vegetable broth
1 bay leaf
salt & pepper to taste
2 tbsp. olive oil
4 tbsp. oat cream
1 oz. (30g) herb croutons

Add the beetroot, tomatoes, onion, ginger, garlic, broth, bay leaf, salt and pepper to a large pot and bring it to a boil.

Reduce the heat to medium, cover the pot and cook until the beetroot is cooked through, this will take around 15 minutes.

Discard the bay leaf, and using an immersion blender, blend the soup to smooth.

Place the soup pot back on the stove, stir through the olive oil and simmer for 2-3 minutes. Now stir in the oat cream and simmer for another minute.

Serve the soup topped with herb croutons.

*Coach
Dorian*

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	303	20	31	6	5

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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