

Beet Apple Soup

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DashRecipes.com

Servings: 8

6 beets, trimmed and scrubbed
8 cups vegetable or chicken broth
2 cups apple juice
3 tablespoons unsalted butter
3 Granny Smith apples, peeled, cored and sliced
3 tablespoons fresh lemon juice (or to taste) from one large lemon
salt (to taste)
freshly ground black pepper (to taste)
Crème Fraîche (for garnish)
(optional)

Preparation Time: 10 minutes

Place the beets in a large heavy pot and cover with the broth and juice. Bring to a boil. Reduce the heat and simmer, partially covered, until tender, about 45 minutes. Transfer the beets to a bowl with a slotted spoon. When cool enough to handle, slip off the skins and cut the beets into pieces.

Strain the broth through a fine sieve lined with two paper towels and return it to the pot.

Melt the butter in a large skillet over medium-low heat. Add the apples and sauté until just caramelized, about 10 to 15 minutes.

Puree the cooked beets and sautéed apples together in batches in a food processor, adding some broth through the feed tube. Return the puree to the pot and combine with the broth. Stir in the lemon juice, salt and pepper. Pass the soup through a strainer, if desired.

Serve the soup hot or cold, dolloped with Crème Fraîche if desired.

Start to Finish Time: 55 minutes

Trim the tops and tails of the beets to one inch.

Per Serving (excluding unknown items): 91 Calories; 4g Fat (42.6% calories from fat); trace Protein; 13g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 3mg Sodium. Exchanges: 1 Fruit; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	.1mg
% Calories from Fat:	42.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	56.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	4g	Folacin (mcg):	1mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	12mg	% Daily Value*	n n%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	3mg	Vegetable:	0
Potassium (mg):	137mg	Fruit:	1
Calcium (mg):	8mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	186IU		
Vitamin A (r.e.):	42RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 91 **Calories from Fat:** 39

% Daily Values*

Total Fat	4g	7%
Saturated Fat	3g	14%
Cholesterol	12mg	4%
Sodium	3mg	0%
Total Carbohydrates	13g	4%
Dietary Fiber	1g	4%
Protein	trace	
Vitamin A		4%
Vitamin C		4%
Calcium		1%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.