

Rebecca O'Reilly

NUTRITIONIST · NATUROPATH

Autumn Beetroot & Apple Soup

SERVES 1

INGREDIENTS

1 red onion, diced
3 cloves garlic, crushed
1 inch piece of ginger, chopped fine
2 apples, diced
3 cups (500g) cooked beetroot
1 tsp coriander seed
1 tsp cumin seed
900ml of healing broth / vegetable stock (or use 700ml healing broth, 200ml coconut milk)
1 tsp coconut aminos

METHOD

Begin by frying the spices in a dry frying pan for a couple of minutes before crushing them, using a pestle and mortar. Set aside.

Add the onion to a saucepan and sauté in a little healing broth until soft. Add the garlic, ginger and crushed spices, sautéing for a minute or two more before adding the apple.

Add enough broth to cover the apple and simmer for 10 minutes until the apple has softened. Add the beetroot and remaining stock (and coconut milk, if using) and simmer gently for a further 5 minutes. Turn off the heat, add the coconut aminos, and blend to smooth, using a high-speed blender.

Serve with a delicious crisp salad of punchy leaves such as mustard or watercress combined with grated celeriac, apple, walnuts and raisins, and topped with tahini dressing.