

# Chilled Beet Soup

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## Servings: 6

*3 tablespoons olive oil  
1 medium onion, chopped  
3 cloves garlic, chopped  
1 pound red beets, peeled and cut into  
3/4-inch chunks  
2 to 3 chicken broth (or vegetable  
broth), divided  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper  
whipping cream*

## Preparation Time: 30 minutes

### Cook Time: 20 minutes

In a large saucepan, heat the olive oil over medium heat. Add the onion and garlic and cook and stir for 5 minutes or until softened but not browned. Add the beets. Cook and stir for 2 minutes.

Add two cups of chicken broth, salt and black pepper to the saucepan. Bring to a boil. Simmer, covered, for 20 to 30 minutes or until the beets are very tender, adding additional broth as needed to cover the beets completely. Cool slightly.

In batches, transfer the mixture to a blender or food processor. Blend or process until smooth. Transfer to a large bowl. Add additional broth if needed to reach the desired consistency.

Cover and chill for two to four hours or until cold.

Top the individual servings with a swirl of whipping cream.

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Per Serving (excluding unknown items): 69 Calories; 7g Fat (86.2% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 178mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	69	Vitamin B6 (mg):	trace
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% Calories from Fat:	86.2%
% Calories from Carbohydrates:	12.0%
% Calories from Protein:	1.8%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	178mg
Potassium (mg):	36mg
Calcium (mg):	8mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	trace
Vitamin A (r.e.):	0RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 69 Calories from Fat: 60

### % Daily Values\*

<b>Total Fat</b>	7g	10%
Saturated Fat	1g	5%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	178mg	7%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	trace	2%
<b>Protein</b>	trace	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		3%
<b>Calcium</b>		1%
<b>Iron</b>		1%

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