

Chilled Golden Beet Soup

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Servings: 6

*3 tablespoons olive oil
1 medium onion, chopped
3 cloves garlic, chopped
1 pound golden yellow 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
2 tablespoons honey
1/2 teaspoon orange zest
1/4 teaspoon ground ginger
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.

Add the honey, orange zest and ginger to the mixture.

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.

Per Serving (excluding unknown items): 91 Calories; 7g Fat (64.5% calories from fat); trace Protein; 8g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 179mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	91
% Calories from Fat:	64.5%
% Calories from Carbohydrates:	34.0%
% Calories from Protein:	1.5%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	8g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	179mg
Potassium (mg):	41mg
Calcium (mg):	9mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	1IU
Vitamin A (r.e.):	0RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	91	Calories from Fat: 59
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% Daily Values*

Total Fat	7g	10%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	179mg	7%
Total Carbohydrates	8g	3%
Dietary Fiber	trace	2%
Protein	trace	
Vitamin A		0%
Vitamin C		3%
Calcium		1%
Iron		1%

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