

Beet Soup with Potatoes and Beet Greens

Category: Soup

Servings: 8

Rating: 10

Source: Cooking Light

Description:

As with most soups, this is better on the second and third day. You can add more beet greens if really like them. You may top the soup with a dollop of sour cream if you wish.

Ingredients:

1/2 cayenne pepper	to taste (1/4 tsp)
1/2 brown sugar	to taste (about 2 Tbsp)
2 beet greens	2 cups, coarsely chopped
1/2 canned tomatoes	1 (14 oz) can, diced or chopped
2 beef broth	2 (10 1/2 oz) cans
1/2 black pepper	a few grindings
2 tomato paste	2 Tbsp
1 1/2 water	1 1/2 cups
1 1/2 red potatoes	1 1/2 cups, peeled & finely chopped
1 1/2 beets	1 1/2 cups, peeled & finely chopped
1/2 celery	1/2 cup finely chopped
1 carrot	1 cup diagonally sliced
1 onion	1 cup, chopped
1 olive oil	1 Tbsp

Instructions:

Heat oil in a Dutch oven over med-high heat. Add onion, carrot and celery; saute 5 minutes or till tender. Stir in beets and next 6 ingredients. Bring to boil, reduce heat and simmer 35 mins or till vegetables are tender. Stir in beet greens, sugar and cayenne; cook 5 minutes.