

## BEET SOUP WITH ARUGULA AND TOASTED HAZELNUTS



Total Time  
**50 MIN.**

Serving Size  
**8 OZ / 250 ML**

Difficulty  
**EASY**

Yields  
**6**



### Tip

\*note: soup can be served hot or cold. If serving cold place in the refrigerator after step 9 and serve once soup as chilled.

### INGREDIENTS

	WEIGHT	MEASURE
Campbell's® Classic Cream Concentrated soup base	1 cup	250 mL
Water	1 cup	250 mL
Beets, peeled and diced	2 lbs	900 g
Onion, peeled & finely chopped	1 large	1 large
Garlic, peeled & chopped	2 cloves	2 cloves
Olive Oil	1 tbsp	15 mL
Water	4 cups	1 L

### Garnishes:

Hazelnuts, toasted and roughly chopped	5 tbsp	75 ml
Campbell's Classic Cream Soup Base, reconstituted	2/3 cup	150 ml
Goat Cheese, crumbled	7 oz	200 g
Honey	1 tsp	5 ml
Arugula Leaves (wild preferred)	1 small bunch	1 small bunch

Olive Oil

## BEET SOUP WITH ARUGULA AND TOASTED HAZELNUTS



### INSTRUCTIONS

1. Re-constitute **Campbell's Classic Cream Concentrated soup base** with water. Set aside.
2. Peel and dice the beets, onion and garlic.
3. Heat olive oil in a stockpot over medium-high heat. When oil is hot but not smoking, add in onion and garlic and sauté for 3-5 minutes until onion is soft but is not browned.
4. Add water and bring to a boil. Once boiling add in beets, bring to a boil again and then lower heat, cover and simmer for 20-25 minutes or until tender.
5. Once beets are cooked remove from heat and strain, making sure to save the cooking liquid.
6. Transfer beets, onion and garlic to a food processor and puree while slowly adding in 750 mL of the reserved cooking liquid.
7. Transfer to a stockpot and heat on medium-high heat and add in 350 mL (1 1/2 cups) reserved reconstituted **Campbell's Classic Cream Concentrate soup base** while stirring. Gently bring to a boil. Reduce heat to simmer.
8. Prepare **Toasted Hazelnut garnish**: Preheat oven to 350°F (180°C) . Place crushed hazelnuts on a baking sheet in a single layer. Once oven is preheated, place the hazelnuts in the oven and toast for 5-7 minutes or until hazelnuts are lightly colored. Remove from oven and cool. Chop coarsely
9. Prepare **Goat cheese cream garnish**: Transfer 150 mL reconstituted **Campbell's Classic Cream Concentrate Soup base** to a stainless steel mixing bowl. Whisk in the crumbled goat cheese and honey. Set aside.
10. To serve, evenly portion soup into bowls. Top each bowl with the prepared goat cheese cream, and swirl lightly. Top with toasted chopped hazelnuts, arugula leaves and a drizzle of olive oil.