



**Nutrition Facts**

Serving Size 1 12th recipe

**Amount Per Serving**

**Calories** 160

**% Daily Value**

**Total Fat** 3.5g **5%**

**Saturated Fat** 2.5g **13%**

**Cholesterol** 20mg **7%**

**Sodium** 1100mg **46%**

**Total Carbohydrate** 26g **9%**

**Dietary Fiber** 6g **24%**

**Protein** 6g **12%**

Vitamin A % Vitamin C %

Calcium % Iron %

## PURÉED BEET SOUP WITH GOAT CHEESE AND CHIVES



Total Time  
**NOT  
AVAILABLE**

Serving Size  
**1 12TH RECIPE**

Difficulty  
**EASY**

Yields  
**12**

### INSTRUCTIONS

1. Prepare soup with water as directed.
2. Stir beets into soup; bring to simmer. Cook for 15 to 20 minutes or until beets are tender. Using immersion blender or stand blender, purée until smooth.



#### TIP

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 2 tbsp (30 mL) goat cheese and sprinkle with 1 tsp (5 mL) chives.