



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.