

Super Healthy Beetroot Soup

7 REGULAR

6 SOFT & BITE-SIZED

5 MINCED & MOIST

4 PUREED

3 LIQUIDISED

Recommendations on this site are for food
modification only.
If you are level

4 EXTREMELY THICK

for drinks, this recipe is too thin and not
recommended. Speak with your Speech and
Language Therapist for further advice.

In Collaboration with

**River
Cottage**

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Super Healthy Beetroot Soup



Shopping List

- 2 tbsp cold pressed rapeseed oil
- 1 tsp cumin
- 1 large onion, finely chopped
- 2 bay leaves
- sea salt and freshly ground pepper
- 4 tsp freshly grated horseradish, or more to taste
- 1 lb/500g raw beetroot, any colour, coarsely grated
- 1 tsp mustard seeds
- 1 tsp fennel seeds
- 1 litre vegetable broth
- 1 tbsp apple cider vinegar
- 1 litre vegetable broth
- 120ml plain organic yoghurt



Directions

1. Heat rapeseed oil in a large saucepan on a medium heat, add the mustard, fennel and cumin seeds and stir constantly to prevent burning.
2. Fry until fragrant and lightly smoking.
3. Add onion and fry until soft, stirring occasionally.
4. Add the grated beetroot, vegetable broth and bay leaves.
5. Bring to a boil, lower the heat and let simmer for 30-40mins.
6. Meanwhile prepare the horseradish yoghurt by combining both ingredients in a bowl and set aside.
7. Add apple cider vinegar, salt and pepper to the beetroot soup and let simmer for another minute or so.
8. Blend to a smooth consistency.
9. Adjust seasoning to taste.
10. Serve in bowls with a dollop of horseradish yoghurt.