

Dill Beet Soup (“Quinoa 365”, Patricia Green & Carolyn Hemming)

The sweet taste of this thick, vibrant and iron-rich soup makes it a delightful meal all on its own. Serve with a thick slab of crusty bread. Store it in a sealed container in the refrigerator for up to four days.

1 Tbsp olive oil
¾ cup finely chopped onion
¾ cup quinoa
3 cups vegetable broth
1 cup water
2 large beets, peeled and chopped
1 tsp minced fresh garlic
¼ cup chopped fresh dill
¼ cup fresh lemon juice
1 tsp salt
pinch ground black pepper
¼ cup sour cream or plain yogurt

In a large saucepan, heat the olive oil over med/high heat. Add the onion and sauté for about 4 minutes. Add the quinoa and toast until fragrant, about 2 minutes. Add the broth and water and bring to a boil. Add the beets and cook for 5-7 minutes. Add the garlic. Reduce the heat, cover and simmer for an additional 10-15 minutes, until the beets are tender. Remove from heat.

Puree the cooked mixture with a hand blender or cool slightly and puree in 2 batches in a blender or food processor. Return the mixture to the saucepan and stir over low heat. Add the dill, lemon juice, salt and pepper. Garnish each serving with a scoop of sour cream or yogurt.