

Fall Root Soup with Turnip and Beet Greens (“Greens Glorious Greens” Johnna Albi & Catherine Walthers)

We like this soup because it combines the root vegetables with the leafy tops of the beets and turnips. Although the soup takes on the magenta beet color, each root vegetable retains its individual character. What a powerhouse of good nutrition and taste!

Serves 6-8

- 1 Tbsp extra virgin olive oil
- 2 medium onions, thinly sliced in half-moons
- 1 leek, white and light green part, washed and thinly sliced
- 1 tsp minced garlic
- 1 small bunch beets (about 1 ½ cups when peeled and cut into ¾ inch dice)
- 2 cups rutabaga, peeled and cut into ¾ inch dice
- 1 cup turnips, peeled and cut into ¾ inch dice
- 1 cup carrots, peeled and chopped into ¾ inch pieces
- 8 cups water
- 1 ½ tsp salt, or to taste
- 2 cups beet greens washed, sliced into ½ inch ribbons, and roughly chopped
- 2 cups turnip tops washed, sliced into ½ inch ribbons, and roughly chopped

In a heavy-bottomed soup pot, heat oil over medium heat. Add onions and sauté for 10 minutes. Add leeks and garlic and sauté for another 5 minutes, stirring often.

Add beetroots, rutabaga, turnips, carrots, water, and salt and bring to a boil. Cover and simmer over medium-low heat for about 20 minutes, until vegetables are tender but not mushy. Add the greens and cook for another 10 minutes, until tender.

Season with salt and serve hot. You can top with a dollop of yogurt or low-fat sour cream, if desired.