SHOPPING LIST

Crimson Beetroot Soup

Serves 4 as a starter, 6 in small bowls

- [ ] 600 g raw beetroot, peeled and diced
- [ ] 1 onion, chopped
- [ ] 1 carrot, chopped
- [ ] 1 tart apple, peeled and diced
- [ ] 2 cloves garlic, chopped
- [ ] 2 tbsp butter or olive oil
- [ ] 1 litre vegetable stock
- [ ] 1 bay leaf
- [ ] 1 to 2 tbsp red wine vinegar, to taste
- [ ] 1 tsp sugar
- [ ] Salt and black pepper
- [ ] 4 tbsp sour cream, to serve
- [ ] Fresh dill or chives, to finish

Tick off what you already have at home.