

# Roasted Garlic Beetroot Soup



## Servings: 4

*500 grams beetroot, chopped*

*1 bulb garlic, cut in half*

*1 large potato, chopped*

*1 large carrot, cut in quarters lengthwise*

*1 onion, cut in quarters*

*2 tablespoons olive oil*

*4 cups vegetable stock*

*1/4 cup yogurt*

Add beetroot, garlic, potato, carrot, and onion onto a baking tray. Coat in olive oil.

Roast in a 350°F oven for 45-60 minutes until the vegetables are cooked.

Add all of the vegetable to a large pot with vegetable stock. Bring to a boil; reduce the heat and simmer for 10 minutes.

Using a hand blender blend the soup until smooth.

Serve topped with a spoonful of yogurt.

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Per Serving (excluding unknown items): 139 Calories; 8g Fat (47.1% calories from fat); 3g Protein; 16g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 676mg Sodium; 4g Total Sugars; trace Vitamin D; 44mg Calcium; 1mg Iron; 384mg Potassium; 66mg Phosphorus. Exchanges: .