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| Recipe of the Month: Creamy + Bright Beet Root Soup from Closed Loop Cooking |

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| **Ingredients** * 1 tbsp olive oil
* 1 medium yellow or white onion, diced
* 1" fresh ginger, grated or minced
* 4 - 5 cloves garlic
* 2 - 3 carrots, diced (approx 1/2 lb)
* 2 medium potatoes, cubed
* 3 large beets, cubed, leave skins on (approx 2 lbs)
* 1 tsp dried rosemary (or 1 tbsp fresh)
* 1 tsp dried thyme (or 1 tbsp fresh)
* 1/4 tsp cayenne pepper
* 1 tsp kosher salt
* freshly cracked black pepper to taste
* 6 cups vegetable stock
* 14 oz full fat canned coconut milk
* juice of 1/2 lemon
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| 1. To a large pot over medium heat, add oil. Once hot, add onion and sauté until translucent, about 3-5 minutes.
2. Add ginger, garlic, and carrots with a pinch of salt and pepper. Cook for another minute or so until fragrant, stirring to prevent garlic from burning.
3. Add potatoes, beets, rosemary, thyme, and optional cayenne pepper to pot. Stir and cook for another minute.
4. Stir in vegetable stock and salt. Bring to a boil, then reduce heat to medium low and cook at a gentle simmer for 30 minutes, or until beets are easily pierced with a sharp knife.
5. Add coconut milk, then with a high speed\* or immersion blender, carefully blend soup until creamy. Place back on heat and cook for 3-5 more minutes. If needed, add more vegetable broth or water to thin.
6. Remove pot from heat and add lemon juice. Taste and adjust, adding more salt, lemon juice or lemon zest if desired.
7. Top with more coconut milk or a dollop of creamy cashew vegan cheese sauce, chopped parsley, chili flakes, and more fresh cracked pepper. Serve with sourdough discard herbed crackers or a crusty loaf of no yeast bread. Enjoy!
8. Keeps well in the fridge about 1 week or 1 month in the freezer (leave 1″ headspace.)
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