
Golden Beet and Greens Soup

Here is another easy recipe using ingredients available from Idaho's Bounty.



3 large golden beets (trim stems to 1 inch of beet)
Beet leaves, cut cross-wise into thin shreds
1 thinly sliced red onion
2 minced garlic cloves
4 cups of chicken broth or vegetable broth

Simmer beets until tender (35 to 45 min)
Drain and cool
Remove stem and skin from beets, slice into thin circles

Saute red onion with minced garlic cloves in olive oil until lightly browned
Add beets and broth, bring to boil
Stir in beet greens, cook until wilted about 1 minute
Season with salt and pepper (or sea weed of your choice)

Serve it up with the Idaho Flax bread, B.L.T. or the "I am allergic to everything" and with the grilling cheese from Ballard Family Cheese.

YUM!