



BEETROOT & REINETTE APPLE SOUP

15 minutes prepping + 30 minutes cooking | makes 3.5 L

INGREDIENTS

1 tbsp cold pressed virgin coconut oil
1 cinnamon stick
2 long peppers
2 tsp mustard seeds
1 tsp coriander seeds
1/2 tsp cumin seeds
low sodium, oil-free vegetable stock (or filtered water)
4 medium large beets (about 1 kg)
2 reinette apples
1 large sweet potato (about 600 gr.)
2 leeks
3 garlic cloves
sea salt & black pepper to taste

TO SERVE

vegan coconut yogurt
nigella seeds
chili flakes
chopped chives
fresh cilantro

STEP BY STEP

Start by gathering, preparing and measuring all of the ingredients. This will improve your dynamic in the kitchen.

PREPPING THE VEGGIES

1. Peel the beets and sweet potato.
2. Wash and core the apples.
3. Wash the leeks and discard the green parts (which you can use to make more vegetable stock).
4. Peel the garlic cloves and remove their center germ.
5. Cut all veggies into medium sized chunks (the smaller you cut them, the faster they will cook).

COOKING THE SOUP

1. Heat the coconut oil in a large pot on medium heat.
2. Add all the spices and stir them around until the mustard seeds start sizzling (be careful not to burn them).
3. Add all the veggies to the pot.
4. Pour in enough veggie stock or water to cover the vegetables.
5. Bring to the boil and then reduce the heat to a simmer.
6. Cook for 20-30 minutes (or until the beetroot and sweet potato are tender).
7. Allow to cool for 10 minutes before blending the soup with an immersion or high speed blender.
8. Season with sea salt and black pepper to taste.
9. Serve and enjoy!



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