



## **IMMUNITY-BOOSTING BORSCHT**

1 (12-ounce) bunch beets with greens attached  
3 tablespoons olive oil  
½ cup chopped onion  
¼ cup chopped celery  
Sea salt, to taste  
2 cloves garlic, minced  
½ pound purple or Yukon gold potatoes, grated  
1 parsnip, peeled and grated  
Juice and zest of 1 orange  
3 cups low-sodium vegetable broth  
Freshly ground black pepper  
Chopped chives or parsley, for garnish  
Walnut oil, for garnish (or additional olive oil)

Trim greens from beets and reserve. Peel beets, cut off the taproot and stem, and cut beets into quarters. Grate beets.

Heat oil in a medium saucepan over medium-high heat. Add onion, celery, garlic and a pinch of salt; sauté 5 minutes or until very tender. Stir in beets, potatoes, parsnip and a generous pinch of salt; sauté 5 minutes. Add orange juice and cook 30 seconds, scraping the pan to loosen any browned bits. Add broth, and bring to a boil. Cover, reduce heat, and simmer 20 minutes.

While soup simmers, clean and coarsely chop or tear beet greens (discard stems). Add to soup, cover, and cook 5 minutes or until beets and greens are very tender. Add salt and pepper to taste.

Puree the soup until smooth, using an immersion blender, blender or food processor. Serve garnished with zest, chives and a drizzle of walnut or olive oil.

**Serves 6.**

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