

Five Spice Beet Soup

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by The Bon Appétit Test Kitchen

Yield: Makes 4 servings

Active Time: 35 minutes

Total Time: 35 minutes

ingredients

4 2-to 2 1/2-inch-diameter beets, scrubbed, trimmed, unpeeled, each cut into 6 wedges (about 3 1/2 cups)

3 cups vegetable broth, divided

1 tablespoon olive oil

1 medium-size red onion, thinly sliced (2 cups)

1 celery stalk with leaves, stalk chopped, leaves sliced

2 teaspoons grated peeled fresh ginger

1/4 teaspoon (or more) Chinese five-spice powder*

Sour cream or plain yogurt

preparation

Place beet wedges in 4-cup glass measuring cup. Add 2 cups broth; cover with paper plate and microwave on high until tender, about 15 minutes.

Meanwhile, heat oil in heavy medium saucepan over medium heat. Add onion and chopped celery stalk; cover and cook until almost tender and translucent, stirring often, about 12 minutes.

Add beet mixture and 1 cup broth to onion mixture; cover and simmer 4 minutes. Mix in ginger and 1/4 teaspoon five-spice powder. Transfer to blender; cover and puree. Season soup to taste with salt, pepper, and additional five-spice powder, if desired; rewarm if necessary. Ladle soup into 4 bowls. Top with dollops of sour cream and sliced celery leaves.

**A spice blend available in the spice section of most supermarkets.*

nutritional information

(Analysis includes one tablespoon plain yogurt per serving.) Per serving: 115.8 (kcal) calories (kcal, 33.2 % calories from fat, 4.3 g fat, 0.9 g saturated fat, 2.0 mg cholesterol, 17.7 g carbohydrates, 4.0 g dietary fiber, 11.7 g total sugars, 13.7 g net carbohydrates, 2.9 g protein

Nutritional analysis provided by Bon Appétit

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