



Beet-and-Tomato Soup with Cumin

 Vegetarian

READY IN



105 min.

SERVINGS



30

CALORIES



30 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound beets
- ☐ 1 quart chicken stock see
- ☐ 0.3 cup crème fraîche
- ☐ 1 teaspoon ground cumin plus more for garnish
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parsley chopped
- ☐ 30 servings salt and pepper freshly ground
- ☐ 4 medium shallots thinly sliced

- ☐ 1 tablespoon tomato paste
- ☐ 3 medium tomatoes chopped

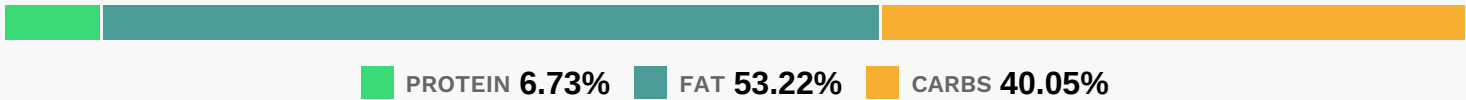
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ In a large saucepan, cover the beets with water. Bring to a boil and cook over moderately high heat until tender, about 1 hour; if necessary, add more water to keep the beets covered.
- ☐ Drain the beets and let cool slightly, then peel and coarsely chop.
- ☐ Wipe out the saucepan and heat the olive oil in it.
- ☐ Add the shallots and cook over moderate heat until softened, about 4 minutes.
- ☐ Add the tomatoes and chopped beets, season with salt and pepper and cook, stirring occasionally, until the tomatoes release their juices, about 5 minutes.
- ☐ Add the 1 teaspoon of cumin and cook, stirring, until fragrant, about 1 minute. Stir in the vegetable stock and tomato paste and bring to a boil. Cover and simmer over low heat for 10 minutes.
- ☐ Puree the soup in batches in a food processor. Rewarm the soup in the saucepan and season with salt and pepper.
- ☐ Ladle the soup into bowls and top with dollops of crme frache.
- ☐ Sprinkle with a little cumin and the parsley and serve.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:1.14, Inflammation Score:-2, Nutrition Score:1.8813043499122%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 29.65kcal (1.48%), Fat: 1.84g (2.84%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.41g (0.88%), Sugar: 2.01g (2.23%), Cholesterol: 1.13mg (0.38%), Sodium: 337.88mg (14.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Vitamin K: 6.34µg (6.04%), Folate: 20.05µg (5.01%), Vitamin A: 218.16IU (4.36%), Manganese: 0.08mg (3.92%), Vitamin C: 3.19mg (3.86%), Fiber: 0.72g (2.86%), Potassium: 99.95mg (2.86%), Vitamin E: 0.31mg (2.07%), Vitamin B6: 0.03mg (1.7%), Magnesium: 6.33mg (1.58%), Iron: 0.28mg (1.56%), Phosphorus: 13.39mg (1.34%), Copper: 0.02mg (1.25%)