

Beet Consommé



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 lb beets without greens (with greens), scrubbed well and trimmed, leaving 1 inch of stems attached
- ☐ 0.3 teaspoon peppercorns (whole black)
- ☐ 2 carrots (cut into 1/2-inch pieces)
- ☐ 2 rib celery (cut into 1/2-inch pieces)
- ☐ 4 sprigs dill plus 2 tablespoons dill (fresh chopped)
- ☐ 1 garlic clove (smashed)
- ☐ 2 teaspoons juice of lemon (fresh)
- ☐ 1 oz accompaniment: liver and mushroom (pir hki link)

- ☐ 1 large onion cut into 1/2-inch pieces
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 1.3 lb turkey legs smoked
- ☐ 1 turkish or
- ☐ 4 qt water

Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ cheesecloth

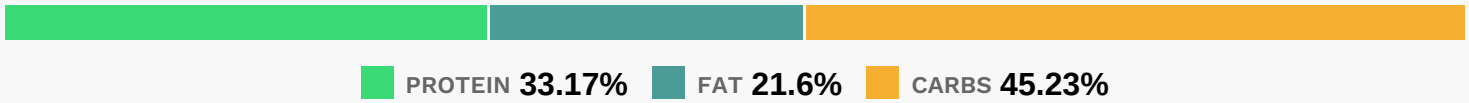
Directions

- ☐ Boil beets, covered, in water (4 quarts) in a 6- to 8-quart pot over moderate heat until tender, about 40 minutes.
- ☐ Transfer beets with a slotted spoon to a plate to cool slightly, reserving cooking water. When beets are cool enough to handle, slip off skins.
- ☐ Cut 1 beet into 1/4-inch dice and reserve for garnish.
- ☐ Cut remaining beets into 1/2-inch pieces and return to cooking liquid in pot.
- ☐ Add turkey, carrots, celery, onion, garlic, dill sprigs, bay leaf, salt, and peppercorns and simmer, partially covered, 1 1/2 to 2 hours.
- ☐ Pour soup through a dampened cheesecloth-lined sieve set into a 3-quart heavy saucepan, discarding solids. Measure soup: If there is more than 6 cups, boil in cleaned pot until reduced; if there is less, add enough water to total 6 cups.
- ☐ Skim fat from consommé, then add lemon juice and sugar and heat until hot.
- ☐ Divide diced beet and chopped dill among 8 shallow soup plates and ladle consommé on top.

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Consommé, without diced beet and chopped dill, can be made 1 week ahead and cooled completely, uncovered, then chilled, covered.

Nutrition Facts



Properties

Glycemic Index:39.62, Glycemic Load:8.98, Inflammation Score:-10, Nutrition Score:19.894347969605%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg, Isorhamnetin: 0.98mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 181.53kcal (9.08%), Fat: 4.44g (6.83%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 15.37g (5.59%), Sugar: 14.05g (15.62%), Cholesterol: 51.51mg (17.17%), Sodium: 504.65mg (21.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.35g (30.7%), Vitamin A: 3215.22IU (64.3%), Folate: 208.57µg (52.14%), Vitamin B12: 2.33µg (38.85%), Manganese: 0.66mg (32.84%), Copper: 0.65mg (32.52%), Selenium: 18.31µg (26.15%), Potassium: 806.83mg (23.05%), Fiber: 5.56g (22.26%), Vitamin B6: 0.4mg (20.11%), Phosphorus: 197.68mg (19.77%), Vitamin B2: 0.31mg (17.95%), Zinc: 2.68mg (17.86%), Magnesium: 61.06mg (15.26%), Iron: 2.67mg (14.82%), Vitamin B3: 2.95mg (14.74%), Vitamin C: 11.37mg (13.78%), Vitamin B5: 1.23mg (12.31%), Vitamin B1: 0.12mg (8.31%), Calcium: 62.9mg (6.29%), Vitamin K: 2.84µg (2.71%), Vitamin E: 0.19mg (1.27%)