

## Beet Greens Soup

Don't like beets? Well I didn't either until I ate them simply steamed whole in a little water. They are sweet like candy. Plus they are so high in Vitamin A, C, folate, calcium, magnesium, potassium, and ZERO fat and starches. The green and red leaves are more than TRIPLE in these same [nutrients](#). More than enough reason to add them to your healthy food plan. Plus this soup is so luscious and simple to make.

The beets in the store this week were gorgeous. I choose beets that are about the size of a golf ball, have healthy roots and shiny leaves. The bunch I picked up had 4 beets and plenty of good healthy leaves.

I lay them in the sink half full of cold water. Twist off the bulb, leave the root in tack. Swish the leaves around and scrub the bulb and root. I place the well scrubbed bulbs in a saucepan with 1-2" of cold water. Cover and bring to a boil. Reduce heat, simmer just until a knife point goes in easily.

While the greens are rinsing, in a large skillet over med low heat, add a pinch of coarse black pepper and a dab of EVOO. Add a whole diced sweet onion and sweat until translucent. Stir often. Never let your veggies go dry. Add a bit of chicken stock as needed. Not much, just enough to keep moist. Add diced celery and simmer on low uncovered until tender.

Add garlic, ginger root, turmeric root, plus



grate a [WHOLE](#) frozen lemon over the top. Stir well. Using clean office scissors, that I use ONLY in the kitchen, cut the leaves and stems on top of the onions. Doesn't matter that they are wet, that helps them steam.

Cover, simmer on low just until the leaves are tender NOT mushy. Add the rest of the chicken stock and water, plus the bay leaf. Cover and continue simmering on low until the bulbs are tender.

Now, I did not use the beet bulbs in the soup. Those I savored all by themselves. I removed the knife point tender bulbs (root intact) to a plate to cool.

I do use the bright red liquid from steaming the bulbs. Add it to the soup pot. Believe it or not this soup didn't need another thing it is luscious as is. NO salt needed. Garnish with snipped FRESH basil and FRESH flat leaf parsley.

Later I scrap the skin off the bulb, remove the root and top. Then sliced them. Popping one like candy into my mouth. I arranged the slices individually on wax paper and placed in the freezer for a snack another day. See instructions for FREEZING sweet potatoes on p **57 Volume 3**.

- 1 bunch FRESH small beets with leaves
- 1 big pinch coarse ground pepper
- 1 T extra virgin olive oil
- 1 whole sweet onion diced
- 1 C diced celery yellow tops included
- 1" Fresh frozen grated Ginger root
- 1/2" Fresh frozen grated Turmeric root
- 1 T grated WHOLE frozen fresh lemon
- 1 med or 2 small bay leaves
- 2 C chicken stock (p 19 **Cooking with Judy**)
- 2 C water
- FRESH basil and flat leaf parsley for garnish