

# Red Onion and Beetroot Soup



Chronic inflammation has been highlighted as a root cause of disease. One way to reduce inflammation is to eat a diet high in fruit and vegetables which yield fibre and plant antioxidants.

This soup is well on the way to your '5 a day!' Red onions are a rich source quercetin to prevent plaque build-up in the cardiovascular system and anthocyanin which has a positive effect on gut health as well as decreasing inflammation associated with chronic disease.

Beetroot is a rich source of betalains which combat oxidative stress and help to detox the body; folate, essential for cell growth and choline which forms part of acetylcholine a key neurotransmitter in the brain.

Green apples have an alkalisng effect on the body and additionally contribute phytochemicals linked to reduced risks in cardiovascular disease, cancer, diabetes type-2 and asthma. They also contain quercetin, as well as the beneficial antioxidants catching, phloridzin and chlorogenic acid.

*Credits: Ceri, Zenxin master chef*

## Key facts:

- Preparation: 6 mins
- Cooking time: 24 mins
- Total: 30 mins
- Serves: 6-8

## Ingredients:

- 20g Simply Natural Spanish organic cold-pressed extra virgin olive oil
- 3 cloves Spanish organic morado garlic
- 200g organic beetroot
- 500g organic red onion
- 220g organic green apple
- 2 tbs organic stock concentrate
- 
- Sweet basil leaves to garnish

**Method:**

1. Wash the beetroot and peel them and the onions, chop into small pieces.
2. Measure out the olive oil into the Thermomix bowl.
3. Peel the garlic and add to the bowl, chop briefly using speed 6.
4. Select temp. 98°C speed 1 and start to sauté the garlic for ~2 mins.
5. Add in the onions and beetroot and sauté for a further 8 mins.
6. Add filtered water to the 2 litre mark and continue to cook for another 12 mins.
7. Wash the apples, cut into quarters and remove the core.
8. Add apples and vegetable stock to the soup and blend on speed 10 for 2 minutes.
9. Wash the sweet basil leaves, garnish and enjoy!

N.B. This recipe can be made with a stainless steel saucepan and a hand blender.

Tip: This is also delicious finished with a spoonful of plain organic kefir