

Roasted Beet Soup with Fennel and Orange

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-polish-beet-soup>

Ingredients:

- 2 pounds beets peeled and cut into 1/2-inch cubes
- 1 pound fennel bulb cut into wedges, reserve fronds for garnish, optional
- 4 tablespoons extra-virgin olive oil divided
- 1/2 teaspoon dried thyme or 2 teaspoons fresh
- kosher salt
- ground black pepper Freshly
- 1 onion large, sliced
- 2 garlic cloves chopped
- 4 cups vegetable stock
- 1 cup orange juice freshly squeezed, reserve zest of 1 orange for garnish, optional
- 1/2 teaspoon red wine vinegar

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 42 grams
3. Fat: 14 grams
4. Fiber: 11 grams
5. Protein: 7 grams
6. SaturatedFat: 2 grams
7. Sodium: 1380 milligrams
8. Sugar: 24 grams

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