

Borscht (Hearty Beetroot Soup)

Family-size serve

A highly versatile vegetable, beetroot (or red beet) is a good source of folic acid, fibre, manganese and potassium.

When it comes to cleaning impurities from your system, nothing is more powerful than the humble beet. Eat this soup at least once per week and your body will thank you for it!



Ingredients | Method

4-5 large beetroots
Himalayan salt to taste
1-2 medium onions, peeled and chopped
1-2 cloves garlic, peeled and chopped
2 250g tins organic tomatoes
1 tsp ground cumin (or to taste)
1 tbsp fresh ginger, peeled and finely chopped
1 tsp fresh grated turmeric (½ tsp if using dry)

- 1 Harvest beets or buy organic beetroots. Top, tail and peel (if organic, just wash) and boil till soft. Drain and set aside the beetroot juice, to which you add Himalayan salt to flavour.
- 2 Cut beets into cubes and fry in saucepan with chopped onions and garlic until the onions are cooked. Add tomatoes and spices. Simmer for 10 minutes.
- 3 Cool slightly, then blend in batches. Add stock juice, return to saucepan and gently heat through.
- 4 Serve with a dollop of Greek yoghurt and sour cream, and garnish with a sprinkle of fresh parsley.

Recipe #20 – courtesy of Alchemy/Purple House

In what was once the village post-office, Alchemy Café has put Forth on the map. Regular customers and tourists from far and wide come for a taste of the healthy menu, entirely gluten free. Alchemy supports the local organic industry as much as possible, and uses only fair trade organic coffees and chocolates.



Come in for breakfast, morning tea, lunch and afternoon tea, with a wide range of menu options available. Enjoy coffee, teas, wines and ciders, juices, smoothies, soups, desserts and cakes. It's also a one-stop shop for gifts and all your organic ingredients.



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