



INGREDIENTS

1 tablespoon sunflower oil
1 small onion, finely chopped
1 garlic clove, crushed
500g fresh beetroots, peeled and chopped
1 carrot, finely sliced
1 small stick of celery, finely sliced
1 tomato, skinned and chopped
1 tablespoon basmati rice
salt & freshly ground black pepper
1.2 litres vegetable stock or vegetable bouillon
soured cream
fresh parsley, chopped

METHOD

1. Heat the oil in a heavy-based saucepan and add the onion and garlic. Allow to soften but not colour.
2. Add the beetroots, carrot, celery, tomato, rice and a little salt and pepper, and cover with the stock. Bring to the boil and simmer gently until the vegetables are tender – approximately 10 - 15 minutes.
3. Allow to cool slightly, then purée using either an electric hand blender, liquidiser or food processor.
4. To serve, reheat gently and adjust the seasoning. Top each portion with a swirl of soured cream and a sprinkling of parsley.