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# PINK BEET CREAMY SOUP

By Francesca - Seven Roses

Don't let the cute pink color fool you: this Pink Beet Creamy Soup is not only beautiful and perfect for Valentine's Day; it is also a real powerhouse when it comes to nutrition.

## INSTRUCTIONS

1. In a large saucepan, water sauté chopped onion and garlic until translucent.
2. Add the washed, peeled and chopped vegetables, then cover with water and add the bouillon cube if using. Bring to a boil then lower to simmer for about 30 minutes.
3. Remove the pot from the heat. Add the spices, the Herbes de Provence and then using an immersion blender, process until you reach your desired creamy consistency. Season to taste and let simmer for 5 more minutes.
4. Serve warm with added toppings such as chia seeds, sesame seeds, freshly cracked black pepper, and a generous drizzle of coconut/soy cream or lemon juice on top. And now, enjoy!

## INGREDIENTS

- 4 red beets
- 1 red onion
- 2 potatoes
- ¼ head cauliflower
- 2 cloves garlic
- 1 tbsp turmeric
- 1 pinch cumin powder
- 4 tsp Herbes de Provence or dry marjoram, rosemary, thyme, and oregano
- 1 bouillon cube optional
- 100 ml coconut cream or soy cream
- 1 pinch pepper to taste

Francesca (SevenRoses) —

Francesca is an entrepreneur and creator at sevenroses.com. She aims to promote a love for cooking delicious, Vegan recipes, DIY, and cruelty-free beauty; all this and more can be found on her many platforms.

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