

Red Velvet Soup

Enjoy the creamy texture, stunning color, and superlative taste of this unforgettable soup. Be sure to wash, chop, and steam the tasty beet greens separately, and serve them dressed with a little olive oil. Makes 6-7 cups of soup.

- 1 pound red beet (about 3 2-1/2" beets)
- 3 medium russet potatoes or 2 large potatoes
- 2 cups beet cooking liquid
- 1 cup soymilk OR rice beverage
- 1 tablespoons cider vinegar
- 1 tablespoon brown rice syrup OR sugar
- 3 tablespoons lemon juice (or to taste)
- 2 teaspoons salt (or to taste)
- 1/2 teaspoon pepper

Scrub the beets and cut off most of the stalks, leaving 1 inch of stalks attached. Do not remove beet skins or thin root tails. Scrub the potatoes and place beets and potatoes in a large cooking pot. Cover the potatoes and beets with water, and boil them until they are tender, about 40 minutes. With a slotted spoon remove beets and potatoes from the pot, and set the red cooking water aside. Cool and peel the potatoes and beets, removing the thin beet root tails. Reserve 3/4 of one beet and slice it into julienne strips (matchstick-size strips). Place the remaining beets and all the potatoes in a blender or food processor along with about 2 cups of red cooking water. Blend until very smooth.

Return the blended beets and potatoes to the cooking pot. Add the soymilk or rice beverage, vinegar, rice syrup or sugar, lemon juice, salt and pepper, and julienned beets. Taste and adjust lemon juice and salt. Add more red cooking water if a thinner soup is desired. Heat gently and serve. Garnish each serving with a sprinkling of thinly sliced chives or green onion.

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