



# Golden Beet Soup

Recipe by Deb Habib from [Seeds of Solidarity](#) Farm in Orange, MA.

While a little harder to grow and find than red varieties, this golden beet soup is deeply nourishing and delicious.

- 6 medium-sized golden beets
- few cloves of garlic
- 1 chopped onion or leek
- olive oil, butter or ghee
- 1 tsp. turmeric
- 1 tbsp. of miso
- 1 tbsp. each of lemon juice and honey

Halve then thinly slice 6 medium-sized golden beets. In a heavy soup pot, chop and sauté the cloves of garlic and onion in a little olive oil, butter or ghee. Add a tbsp of freshly chopped ginger. If you have access to fresh turmeric, add about 1 tsp of that as well. (Powdered forms of both can be used instead, but not as tasty). After a few minutes, add the beets and about 4 cups of water, along with 1 tbsp each of lemon juice and honey, a little salt and some black pepper. Optional: add a cup or two of chopped potatoes or a half cup of wild rice to add heartiness. Simmer covered until beets (and potatoes and rice) are tender. Adjust seasonings to taste. Before ladling into bowls, a tbsp of miso (recommend [South River Miso](#)) stirred into the pot increases the deliciousness, as does a dollop of yogurt or sour cream (recommend [SideHill Farm](#) yogurt) on top of each serving.

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