



GOLDEN BEET SOUP w/ Tarragon Yogurt

Ingredients

- 1/2 head cauliflower finely chopped (about 2 cups)
- 4 medium beets finely chopped (about 2 cups)
- 2 medium leeks white and light green parts only, thinly sliced
- 1 large garlic clove
- Sea salt
- 4 cups vegetable stock
- 4 oz. plain full-fat Greek yogurt
- 2 Tbsp. finely chopped tarragon plus more for garnish
- 1 Tbsp. fresh lemon juice

Directions

- 1.** Combine the cauliflower, beets, leeks, garlic and 1 teaspoon sea salt in a large pot over medium heat. Pour in the vegetable stock and bring to a boil.
- 2.** Reduce heat and simmer until vegetables are tender.
- 3.** Puree soup with hand blender until smooth.
- 4.** Meanwhile, in a medium mixing bowl, combine the yogurt, tarragon and lemon juice. Season with 1/4 teaspoon salt and add enough water to reach a ranch-like consistency, about 1/4 cup. Whisk until smooth.
- 5.** Transfer the soup to bowls and drizzle with the tarragon yogurt. Garnish with additional herbs if you fancy and enjoy warm or at room temperature.