



Beet, Potato & Turnip Soup with Fresh Dill & Brown Rice

Makes 2–4 servings ~ \$2.83 (\$1.42–\$.71 per serving)

Ingredients

- 1 medium red beet
- 1 medium Yukon yellow potato
- 1 medium turnip
- 4 cups water
- 1 teaspoon sea salt
- Freshly ground pepper to taste
- 1/3 cup coconut milk
- Handful chopped fresh dill
- Brown rice, cooked

Directions

1. Peel beet, potato and turnip then cut into chunks.
2. Put in medium saucepan along with water, salt and pepper
3. Bring to boil, turn heat to medium cover and cook until vegetables are tender about 40 minutes.
4. Turn off heat, blend with an immersion blender or in an electric blender until smooth.
5. Add coconut milk and cook over medium heat until hot about 10 minutes.
6. Serve in a bowl with a scoop of brown rice. Garnish generously with dill.

Recipe courtesy of Sharon Louise Crayton

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