



Victoria's Summer Celebration Beet Soup

Makes 6 servings ~ \$8.94 (\$1.49 per serving)

Ingredients

- 4 medium, ripe tomatoes (16-20 oz.)
- 1 tablespoon cider (or wine) vinegar
- Salt and pepper to taste
- 4 cups buttermilk *
- 4 medium beets, cooked (12-16 oz.), peeled & slivered

**If you don't have buttermilk, you can substitute with 4 cups of milk with 1/4 cup fresh lemon juice. Let mixture sit about 15 minutes before using.*

Garnish

(All work well – use whatever you like)

- 6 green onions, finely chopped
- 1 small/medium cucumber, seeded and diced
- 1 hard-cooked egg
- 1/4 cup finely chopped fresh dill
- A pinch of cayenne or chili powder (optional)

Directions

Blend the tomatoes, vinegar, salt and pepper in a blender or food processor.

In a bowl (or large measuring cup), combine the beets, the pureed mixture and the buttermilk. Cover the bowl tightly with plastic wrap; chill in the refrigerator for at least an hour, preferably overnight.

Taste and adjust seasoning (if necessary) after chilling. Garnish each bowl of soup with your choice of green onions, egg, cucumber and dill – or, put the garnishes in small bowls and let guests choose their own combination.

Thanks to Victoria Buckingham for sharing her recipe!

More tips & recipes at www.localorganicmeals.com