

# MARYLAND FARM & HARVEST

## The Local Buy recipe, Episode 902

### Beet Curry Soup

- 1 Tbsp coconut oil
- 1 small yellow onion
- 2 cloves of garlic, minced
- 1 tsp ground ginger
- 6 small-medium beets, peeled & quartered
- a pinch of sea salt
- a pinch of black pepper
- 1½ Tbsp green curry paste
- ¼ tsp ground cinnamon
- ½ tsp ground turmeric
- ½ tsp cayenne pepper
- 14oz can of coconut milk
- 2 cups vegetable stock
- 1-2 Tbsp maple syrup



- Heat a large pot over medium heat. Add oil, onion, garlic, and ginger. Saute for 2 minutes, stirring frequently.
- Add beets, salt and pepper, curry paste, cinnamon, turmeric, cumin, and cayenne. Stir to coat, then cover and cook for 4 minutes, stirring occasionally.
- Add coconut milk, vegetable stock and maple syrup. Bring to a low boil over medium heat. Reduce heat to low, cover, and simmer for 15 minutes or until beets are fork tender.
- Transfer mixture to a blender, filling the blender jar *no more than halfway full*. Hold blender lid with a folded kitchen towel and blend in batches until soup is creamy and completely smooth. (Or use an immersion blender to blend in the pot.) Once blended, serve immediately.