

Beet and Burrata Soup



Ingredients

3 beets
2 ½ Tbsp olive oil
1 tsp sea salt
1 tsp pepper
2 tsp lemon juice
2 basil leaves
2 Tbsp butter
2 Tbsp flour
1 ½ c milk, warmed
2 c. burrata cheese
½ tsp lemon zest

Directions

Preheat oven to 400 degrees.
Peel beets, place on aluminum foil, Coat beets with olive oil and lemon juice, sprinkle with salt and pepper, wrap them well in the foil and bake for 45 minutes or until soft. Cut beets into cubes. Wash and cut basil leaves, put beets and basil into serving bowls. In a large pot, melt butter, sprinkle flour over and stir until flour is absorbed, slowly add the warm milk, stirring constantly, add cheese and stir until all the cheese is melted. Pour cheese mixture over beets and garnish with lemon zest.

Nutritional Information

Calories per serving 122
Total Fat 7.2 g
Saturated Fat 1.2 g
Cholesterol 2mg
Sodium 156 mg
Total Carbohydrates 9.5 g
Dietary Fiber 1.4 g
Protein 5.6 g

Servings 6