

# Coconut and Lime Beet Detox Soup



## DESCRIPTION

This delicious soup is the perfect antidote to a long season of overindulging. Light and flavorful and full of ingredients that support the body's natural detoxification processes, like beets, which support liver function, and turmeric to support bile flow.

## SERVES

4 cups

## TOTAL TIME

35 minutes

## INGREDIENTS

2 tablespoons Natural Grocers® Brand Organic Extra Virgin Coconut Oil

2 large organic beets, scrubbed, ends trimmed, and diced

3 organic garlic cloves, minced

1 tablespoon grated organic ginger

1/2 teaspoon Natural Grocers Brand Bulk Organic Ground Turmeric

1 teaspoon Natural Grocers Brand Bulk Organic Ground Coriander Seed

1/2 teaspoon Natural Grocers Brand Bulk Real Salt

2 cups water

1 can Natural Grocers Brand Organic Original Coconut Milk

1 organic lime, cut in half and one half quartered

#### **Optional garnishes**

reserved organic lime quarters

reserved coconut milk

chopped organic cilantro

chopped Natural Grocers Brand Bulk Dry Roasted and Salted Cashews

#### **DIRECTIONS**

1. Heat a soup pan over medium heat. Add coconut oil, swirl to melt and then add beets. Sauté, stirring occasionally, for 10 minutes.
2. Add garlic, ginger, and spices; cook 1 minute, stirring frequently.
3. Add water and bring to a boil. Reduce heat to simmer and partially cover. Simmer, stirring occasionally, until beets are fork tender, 10-15 minutes.
4. Add the juice of half a lime and 2/3 of the coconut milk, reserving the remaining 1/3 for topping. Using an immersion blender, blend until smooth. Alternatively, transfer the soup to a large blender and process, in batches if necessary, until smooth. Be sure to remove the center piece of the lid and cover the opening with a dark-colored dish towel (to prevent beet stains) while blending.
5. Return soup to pan and gently reheat if it has cooled more than you would like. Divide into serving bowls and top each with a drizzle of the remaining coconut milk and optional garnishes as desired.

#### **Nutrition per serving**

*per one cup serving*

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Fiber</b>
323 kcal	19 g	5 g	28 g	4 g