

## BEET SALAD WITH GOAT CHEESE

From StayAt Home Chef

Prep Time: 10 mins Cook Time: 20 mins  
Total Time: 30 mins  
Servings: 6

### Ingredients

- 3 large beets peeled and cubed
- 5 ounces mixed salad greens
- 4 ounces goat cheese crumbled
- **Vinaigrette**
- 1/4 cup orange juice
- 1/4 cup balsamic vinegar
- 1/4 cup extra virgin olive oil
- 2 teaspoons sugar optional
- 1/2 tsp salt



### Directions

- Place the cubed beets in a steamer basket over boiling water with the lid on. Steam the beets until tender, 12 to 15 minutes. When finished, cool in the refrigerator. Rinse the salad greens, dry in a spinner, and combine in a bowl. Top with cooled beets and crumbled goat cheese. Make the dressing by combining the orange juice, balsamic vinegar, olive oil, sugar (optional) and salt in a small bowl and whisk. Drizzle over the salad just before serving.

# ROASTED BEETROOT PASTA SAUCE

From Nish Kitchen

Prep Time: 10 mins Cook Time: 1 hour

Total Time: 1 hour 10 mins

Servings: 4

## Ingredients

### BEETROOT PURÉE:

- 2 large beetroots, peeled and diced
- 1 sprig rosemary
- 2 garlic cloves
- 1 tbsp lemon juice
- Salt and pepper

### BEETROOT PASTA SAUCE:

- 1 box of your favorite pasta
- 1 tbsp olive oil
- 1/3 cup thickened (heavy) cream
- Salt and pepper Feta cheese and mint leaves, to garnish

## Directions

### COOK PASTA:

- Bring a pot of salted water to boil. Add pasta. Cook for 10 minutes or until al dente. Drain. Set aside. Reserve 1/4 cup pasta water.

### BEETROOT PURÉE:

- Preheat oven 400F. Line a baking tray with parchment paper. Arrange beetroots in a single layer. Add a sprig of rosemary. Season with salt and pepper. Bake for 30-40 minutes or until tender. Set aside to cool slightly. Discard rosemary. Place beetroots, garlic cloves and 1/4 cup pasta water in a food processor. Processor a smooth paste. Set aside.

### BEETROOT PASTA SAUCE:

- Heat oil in a large frying pan over medium-high heat. Add beetroot mixture. When warm, stir in cream. Simmer for 2 -3 minutes. Add cooked pasta. Toss. If the pasta sauce is too thick, add more pasta water. Garnish with feta and mint leaves.





## BLACK BEAN BEET BURGERS

By Jenne

Prep Time: 15 mins Cook Time: 20 mins Total Time: 35 mins  
Servings: 6

### Ingredients

- 1 tbsp grapeseed oil
- 2 cloves of garlic, minced
- 1 large raw beet, peeled and diced into tiny cubes (about  $\frac{1}{2}$  inch thick)
- 2 raw carrots, shredded (about 1 cup)
- 1  $\frac{1}{2}$  cups black beans (or 1 can, drained and rinsed)
- $\frac{3}{4}$  cup cooked rice (any kind will do)
- $\frac{3}{4}$  c raw walnuts, chopped (or  $\frac{1}{2}$  cup pumpkin seeds, chopped)
- 1 cup fresh parsley or cilantro
- 1 tsp smoked paprika
- 1  $\frac{1}{2}$  tsp cumin powder
- 1 tsp black pepper
- 1 tsp sea salt + more to taste
- tahini or avocado (to make a simple and delicious tahini sauce mix  $\frac{1}{4}$  c tahini with  $\frac{1}{2}$  cup water, and the juice of 1 lemon until creamy)
- cucumber
- 6 burger buns

### Directions

- If baking, preheat oven to 350°. Heat oil in a skillet on medium heat, then add the minced garlic to sauté.
- After about 30 seconds, toss in the diced beets and carrots
- Stir, reduce heat, and cover with a lid to speed cooking
- Cook for about 15 minutes and check halfway through.
- Add the beans and rice and stir well. Add the walnuts and parsley
- Then add the paprika, cumin, black pepper, and salt
- Remove from the heat. Transfer about  $\frac{1}{3}$  of the mix to a food processor and blend until you've got a thick paste
- Place the puree back into the skillet and stir all of the ingredients together again
- Season to taste with salt. Form into tightly packed patties, and place on a parchment paper lined baking sheet, or on the grill.
- If baking, cook for 35 minutes. Grill 4-5 minutes each side.
- Serve with avocado or tahini on a bun or over salad greens.

Also amazing with cucumbers, and pickled veggies or sauerkraut and kimchi.

# VEGAN BEET BROWNIES

By Jenne

Prep Time: 15 mins Cook Time: 55 mins Total  
Time: 1 hour 10 mins  
Servings: 12

## Ingredients

- 2 beets (1/2 lb), boiled for 45 minutes until tender
- 1 cup vegan dark chocolate chips
- ½ cup vegan butter or coconut oil
- 1¼ cup all purpose flour
- 1½ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup Vegan Egg powder (by Follow Your Heart)
- 2 cups ice cold water
- ½ cup brown sugar
- ½ cup vegan white sugar
- 1 teaspoon vanilla extract

## Directions

- Preheat oven to 350 then grease and flour a baking dish (9x14" or 10x15"). Melt the chocolate chips and vegan butter in a double boiler, and whisk until creamy.
- Then remove it from the heat and set aside to cool. Peel the beets and chop. In a small mixing bowl combine the flour, baking powder, and salt. Whisk until combined. Set aside.
- Place the beets into a food processor and blend until almost pureed. Set aside. Place the Egg powder in a large mixing bowl or mixer and add the cold water. Whisk vigorously until creamy and no lumps remain
- Beat in the sugar and vanilla. Add the melted beets and chocolate and continue to whisk until creamy. Slowly stir in the flour.
- Pour the batter into the prepared baking dish, then bake for 55 minutes. A toothpick inserted after you remove it from the oven may come out still slightly wet
- Allow the brownies at least 30 minutes to cool before cutting. They're best when cooled completely, for up to an hour before serving.



## BEETROOT ICE CREAM

From Manee's TastyKitchen

### Ingredients

- 1 medium sized beetroot
- 2 tbsp flour
- $\frac{1}{4}$  cup milk
- 1 tsp cardamon
- condensed milk (to taste)
- salt



### Directions

- Peel the beetroot. Then grate and keep it aside.
- Mix the wheat flour withmilk, and keep it aside for later use.
- Heat a skillet and add grated beetroot. Sauté till raw smell goes away.
- Pour the milk, wheat flour mix, and stir until mixture thickens. Let the mixture cool completely
- Transferthe mixture into a blender.
- Add condensed milk, cardamom powder, and blend it. Add salt.
- Cover and chill for one hour.
- After one hour, whisk the mixture well
- Freeze it for one hour and whisk again. Repeat this process for three times.
- After that, freeze it for six hours. After six hours, enjoy the beetroot ice cream.