

# Warm Beet Coconut Soup



**1/4 yellow onion, diced**  
**2 cloves garlic, finely chopped**  
**2 tablespoons coconut oil**  
**4 large beets**  
**3-4 cups vegetable stock**  
**1 (15- ounce) can coconut milk**  
**Fresh herbs, dill Basil, or parsley to garnish (optional)**

Serves 6

In a saucepan, saute garlic and onion until translucent. Add beets, and sauté for about 7 minutes; then add enough vegetable stock to cover beets. Simmer covered until beets are soft. Cool the mixture slightly; then puree in a blender or food processor.

Return puree to low heat, add coconut milk, and stir until blended and warmed. Garnish with herbs.