



# BEETROOT SOUP WITH PRUNE DUMPLINGS



Time  
35min



Servings  
4

Calcium Recommended Daily Intake  
7%

Calories

**450**

Calcium

**86mg**

Protein

**4g**

Vitamin D

**0 IU**

## Ingredients

- 500g beetroot
- 1 onion
- 120g SUNSWEET® prunes
- 1 tbsp olive oil
- 800ml vegetable stock
- 150g sour cream
- A dash of lemon juice
- Salt and pepper
- A pinch of cumin
- ½ bunch of rocket leaves, 20 g
- 50g walnut kernels
- 100g double cream cheese

## Instructions

1. Peel and dice the beetroot and the onion. Chop the prunes.
2. Heat the oil in a large saucepan. Sweat the beetroot and the on-ion in the oil for a few minutes. Add the vegetable stock and half the prunes. Cover and cook over a medium heat for approx. 20 minutes. Add the sour cream and blend with a hand blender until smooth. Add lemon juice, salt, pepper and cumin to taste.
3. Wash the rocket leaves, dry in a salad spinner and chop finely. Chop the walnuts finely too, putting 1 tbsp to one side. Mix chopped rocket leaves and walnuts with the double cream cheese and the remaining prunes to form a firm dough. Use two teaspoons to form the dough into small dumplings. Pour the soup in-to bowls or soup plates, add the dumplings to the soup, sprinkle with the remaining chopped walnuts and serve.

**Tip:** To save time, use 500g pre-cooked, vacuum-packed beetroot from the salad section of the supermarket. You could also serve the soup with some fresh rocket leaves. Drizzle with some walnut or olive oil.



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<https://www.osteoporosis.foundation/patients/recipes>

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