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Beet, Kale and Bulgur Soup

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This hearty main-course stew is imbued with the crimson color of roasted beets. If you're in a rush, you can cube the beets and cook them in the broth, but roasting concentrates their flavor.

MAKE AHEAD: The beets can be roasted in advance and refrigerated for up to 1 week, then added to the cooked soup and warmed through before serving. The soup can be refrigerated for up to 2 weeks.

SERVINGS: 4 - 6

When you scale a recipe, keep in mind that cooking times and temperatures, pan sizes and seasonings may be affected, so adjust accordingly. Also, amounts listed in the directions will not reflect the changes made to ingredient amounts.

TESTED SIZE: 4-6 servings

INGREDIENTS

- 4 to 6 medium (32 ounces) beets
- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 1 medium carrot, scrubbed well and chopped
- 6 cups no-salt-added vegetable broth
- 8 ounces kale leaves, stripped from their stems, then thinly sliced
- 1 cup medium-coarse bulgur

- 1/2 teaspoon smoked spanish paprika (pimenton)
 - 2 teaspoons fresh lemon juice
 - Sea salt
 - Freshly ground black pepper
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DIRECTIONS

Preheat the oven to 400 degrees.

Wrap the beets (together) in aluminum foil and bake until tender when pierced, about 1 hour. Unwrap the beets, and when they are cool enough to handle, peel off and discard the skins. Coarsely chop the beets.

When the beets have been roasting for about 30 minutes, pour the oil into a large, heavy pot over medium heat. Once the oil shimmers, add the onion and carrot, stirring to coat. Cook, stirring occasionally, until the vegetables are very tender, 5 to 10 minutes.

Add the broth, kale, bulgur and smoked paprika; increase the heat to medium-high and bring to a boil, then reduce the heat to medium-low so the liquid is gently bubbling at the edges. Cook until the bulgur has swelled and is tender, 10 to 15 minutes. Turn off the heat and cover the pot to keep the bulgur warm until the beets are ready.

Return the pot to medium heat and stir in the chopped beets and lemon juice; cook for a few minutes, until the beets are warmed through. Season with salt to taste and a generous grind of black pepper.

Serve hot.

RECIPE SOURCE

From Food editor Joe Yonan, author of "[Eat Your Vegetables: Bold Recipes for the Single Cook](#)" (Ten Speed Press, 2013), inspired by a recipe in "[Canal House Cooks Every Day](#)," by Melissa Hamilton and Christopher Hirsheimer (Andrews McMeel, 2012). A previous version of this recipe mistakenly omitted the prepping instructions for the onion, which

should be chopped.

Tested by Joe Yonan.

✉ *E-mail questions to the Food Section at **food@washpost.com**.*