



## Hearty Beet Soup

Serves 6-8

One fall night I was in search of an Eastern European dish, satisfying and hearty but rough around the edges – the caraway is musty, the bacon rich and salty and the beets earthy and rich. This will take the dampest chill off a fall night and I challenge you not to go back for a second bowl immediately!

### Ingredients:

- 3 slices thick-cut bacon
- 2 medium onions, diced
- 4 sprigs thyme
- 2 bay leaves
- 8 cups vegetable or chicken stock
- 2 tbs olive oil
- 1 tbs caraway seeds
- 1 large carrot, diced
- 4 large beets, diced
- 2 tbs red miso paste
- 1-2 tbs Cider vinegar
- 1-2 tbs butter

### Directions:

Sauté bacon in a 6 quart stock pot. Remove bacon, chop and reserve.

Add one onion to bacon fat and cook until softened, 5-6 minutes. Add stock, thyme and bay, simmer for 20 minutes.

In a 4 quart soup pot, warm olive oil over medium heat. Add remaining onion and cook until softened, 5-6 minutes. Add caraway and cook for 1 minute, until fragrant. Add miso paste and cook 1 minute until fragrant.

Add carrot and beet and cook for 5-6 minutes.

Strain 6 cups of stock into pot and add chopped bacon. Simmer until vegetables are very tender, easily sliced with a knife.

Season to taste with salt, pepper, vinegar and butter. Add additional stock if desired.

