

## **CHILLED ROASTED BEET SOUP (Milchig)**

6-8 small beets (1-1/2 lbs), well scrubbed  
1/2 cup cold water  
1 Tbsp. Balsamic vinegar  
1 teaspoon salt  
1/4 teaspoon black pepper  
1 cup half and half

Preheat oven to 350° F. Place beets on baking sheet lined with parchment paper and cover with aluminum foil. Bake for one and a half hours, until the beets are fork tender. Allow to cool enough so that you can handle them and peel. Use a blender (not food processor) to puree. Add water and continue to puree. Add salt, pepper and the half and half. Puree until soup is as smooth as possible. Refrigerate at least four hours before serving. 129 calories per serving. Serves 4.