

Beetroot leaf soup

[View recipe on the website](#)

Ingredients

- 200 g fresh beetroot leaves (washed and chopped)
- 1-2 medium potatoes (cut into cubes)
- 1 carrot (sliced)
- 1 onion (chopped)
- 2 garlic cloves (chopped)
- 1,5 liter of meat or vegetable broth. It's always tastier to make homemade, as I always have broth preparations, I share them here.
- 2 tbsp olive oil
- 1 bay leaf
- Salt and freshly ground pepper to taste
- 1 tbsp sour cream or thick yogurt to flavor each serving of soup
- Fresh herbs parsley or dill for serving

Instructions

- 1.** Prepare the vegetables: Wash and chop the beetroot leaves, if using with small beetroots, wipe them clean; chop potatoes, carrots and onions. Chop the garlic.
- 2.** Saute the onion and garlic: Heat the olive oil in the soup pot and saute the onion and garlic until soft and fragrant (about 5-7 minutes).
- 3.** Add the carrots: Add the carrots to the pot, mix well and fry for a few more minutes.
- 4.** Pour the broth and potatoes: Pour the meat or vegetable broth, add the potatoes, add the bay leaf, bring to a boil and reduce the heat. Cook for about 15-20 minutes until the potatoes are tender.
- 5.** Add the beetroot leaves: When the potatoes and carrots are soft, add the chopped beetroot leaves to the soup.
- 6.** Season and cook: Add salt and pepper to taste. Cook for another 5-7 minutes until the leaves are tender.

7. Serving: Serve the soup with sour cream and fresh herbs, very tasty with parsley or dill.

Notes

Ingredients (2 l soup, for 4-6 servings)

If you don't have broth: The women in my family used to cook soup "from water" creatively, no one kept prepared broth in the freezer, and if they weren't cooking meat at the time, they just boiled the soup. They used to prepare pork cracklings: they finely cut pork scraps, salted or smoked, then added a head of chopped onion, waited until the onion was fried and poured such cracklings into the boiling soup. Very tasty!

Vegetarian alternative: If you want a vegetarian alternative, use onion and garlic fried in oil, add more herbs and add more sour cream.



Let's cook together!

More delicious discoveries

[Instagram](#) [Facebook](#)

© 2026 Lina gamina · linagamina.lt