Pureed Beet Soup

soup DIALED

basis chicken stock = 700 g

	Ingredient	Grams	Baker's	Total	Method
1	canola oil	15.0	2.1%	1.0%	Saute vegetables at medium heat until softened.
	red onion, diced	100	14.3%	6.7%	
	carrots, diced	130	18.6%	8.7%	
	garlic, minced	4.0	0.57%	0.27%	
	celery, diced	30.0	4.3%	2.0%	
2	beets, peeled and diced	400	57.1%	26.8%	Add ingredients to pressure cooker. Cook at 1 bar/15psi for ***6 min***. Release pressure naturally[1] (***10min***)
3	salt	6.0	0.86%	0.40%	Puree cooked mixture until smooth.
	chicken stock	700	100.0%	46.8%	
4	yogurt	110	15.7%	7.4%	Stir in ingredients.
5	dill, chopped	*1 1/2 tbsp*			Season with pepper to taste.
6	worcestershire sauce	*2 dashes*			Check seasoning.
	pepper, ground	*to taste*			
	Total	**1495**	213.6%	100.0%	

[1]Natural release: Turn off the heat and let the pressure drop on its own until the lid unlocks; 10-30 min, and the food keeps cooking meanwhile. For beans, grains, fruit, braised meat, desserts and stock.