



## Beetroot and Spargel bean soup - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	<b>Tomato</b> <i>(170 g)</i>	1	Piece	170 g
<input type="checkbox"/>	<b>Water</b> <i>(250 g)</i>	0.5	Cup	250 g
<input type="checkbox"/>	<b>Green Beans</b> <i>(1 g)</i>	50	Gram	1 g
<input type="checkbox"/>	<b>Beetroot</b> <i>(107 g)</i>	1	Piece	107 g
<input type="checkbox"/>	<b>Natural Yogurt 2%</b> <i>(25 g)</i>	1	Tablespoon	25 g
<input type="checkbox"/>	<b>Olive Oil</b> <i>(5 g)</i>	1	Teaspoon	5 g
<input type="checkbox"/>	<b>Garlic</b> <i>(5 g)</i>	1	Tooth	5 g
<input type="checkbox"/>	<b>Lemon Juice</b> <i>(1 g)</i>	5	Gram	1 g