

BEET BORSCHT

INGREDIENTS

- 3** Beets (scrubbed) (peeled) (cut into matchsticks)
- 1** Onion (diced)
- 3 cloves** Garlic (minced)
- 3** Carrots (diced)
- 16** Potatoes (diced)
- 5 oz** Cabbage (green) (shredded)
- 15 oz** Tomatoes (canned)
- 1 T** Honey **OR** Agave **OR** Sugar substitute
- 1 T** Vinegar (apple cider) **OR** Lemon juice
- 2 T** Extra virgin garlic olive oil
- 1 liter** Imagine vegetable broth
- Salt & pepper to taste
- Dill (fresh)
- Sour cream (optional topping if using for a dairy meal) (non-fat)



Cold Beet Borscht

DIRECTIONS

- 1** In an 8 qt pot, combine broth, beets, potatoes & carrots cooking until tender
- 2** In a saute pan, saute onions & garlic in olive oil until translucent
- 3** Add cabbage to onion, garlic mix & cook until tender
- 4** Add cabbage, onion, mix to the soup pot
- 5** Season with salt, pepper, vinegar, honey & tomatoes
- 6** Reduce heat to low & cook for 30 minutes covered mixing occasionally
- 7** Optional garnishes are dill & sour cream

NOTES

- 1** Some people like to have cold borscht & others like it hot
- 2** Those who like it hot sometimes add stew meat, substitute beef broth for the vegetable broth & omit the sour cream topping
- 3** Some omit the potatoes



Hot Meat Borscht