

**Borsch (beet soup), preparation time 1 h 30 m**

**Vegetarian version (uses butter and sour cream), updated on 01/06/21**



**Soup:**

2 medium beets

3 medium potatoes

One-half medium size white cabbage

2 carrots

1 large onion

1 celery root (or 2 parsley roots)

Juice of one-half lemon

1-2 bay leaves

5-8 Black pepper corns

1 Tbsp tomato paste

1/2 tsp sugar

salt

**Garnish:**

Fresh dill (or parsley), 2-3 cloves of garlic (minced), sour cream

**Step 1:**

Clean beets and chop into strips as shown (careful, as beets stain easily!)

Melt 2 Tbsp butter in a hot pan and cook beets in butter for 10 minutes. Add lemon juice. Mix well for a minute. Add one cup of water and bring to boil. Simmer for 20 minutes.

Clean the carrots and chop into strips, like the beets. Cut onion in half and then slice ¼-inch thick. In a hot pan, melt 2 Tbsp butter and cook carrots and onions together for 10 min. Add tomato paste and mix well. Cook another 5 min.

Boil 8 cups of water (use beef stock for a non-vegetarian version) in a separate pot.

In a large pot, mix beets, carrots, and onions. Add bay leaves, pepper corns, and sugar. Mix well and cook for 5 minutes. Add your boiled water (or stock) and bring to boil. Reduce heat to simmer.

**Step 2:**

Cube the potatoes, celery (or parsley) roots, and cut the cabbage as shown. Add cabbage to boiling soup and boil for 10 min uncovered. Add the potatoes and roots. Cook for at least 10 min or until the roots are soft. Add salt (if you are using water you may need 3-4 teaspoons). Add minced garlic. Turn off the heat and rest for 20 minutes.

**To Serve:**

In a bowl, serve with chopped fresh dill and a teaspoon of sour cream. Traditionally served with rye or pumpernickel bread.