



Best Beet Borsch Recipe

Ingredients:

The Veggies

Remember, chop the different veggies in different ways to create texture. The quantities below are approximate. Vary it up depending on what you have on hand, what you like, and the size of the veggies.

- 6 medium beets, peeled and chopped
- ¼ - ½ head of cabbage, shredded
- 2 onions, chopped
- 2 large carrots, chopped
- 1 stalk celery, chopped
- 1 leek, chopped
- 1 potato, peeled and chopped
- 3 cloves garlic, crushed

Liquid

- 4 cups water
- 1 tbsp. vinegar
- 2 cups stock (I make mine from a ham bone or smoked pork hock, but you can use chicken or vegetable stock, depending on your preference)

Herbs and Spices

- 3 tbsp. chopped dill
- ½ tsp. caraway seeds
- Salt and pepper to taste

Thickener

- ½ cup sour cream or kefir
- 1 tbsp. flour

Optional

- ½ cup dry lima beans
- Or, if you have shelling beans in the garden, substitute these for the lima beans
- I like to chop up and add the beet leaves and stems to the soup too

Directions

1. Soak lima beans in water overnight
2. Combine chopped vegetables and liquids in a large pot
3. Cook over medium heat
4. Add vinegar as soup begins to boil
5. Simmer for a couple of hours, until the vegetables are soft
6. Add dill, caraway seeds, pepper, and salt
7. Simmer for a few more minutes

Final but important step: The flour thickens the borsch just a little bit. Mix flour into the sour cream or kefir, and then stir this mixture into the soup and simmer for a couple of minutes. (Don't add the flour straight to the boiling soup or you might get little dumplings!)