

Easy Russian Borscht Soup

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-borscht-soup-recipe>

Ingredients:

- 2 tablespoons vegetable oil
- 1 onion medium-sized, diced
- 2 carrots medium-sized, diced
- 2 red beets medium-sized, diced
- 2 quarts vegetable broth
- 2 potatoes diced
- 1/4 white cabbage chopped
- 2 bay leaves
- 2 tablespoons lemon juice
- 2 tablespoons tomato paste
- 2 cloves garlic minced
- 2 tablespoons fresh dill chopped
- salt
- black pepper
- sour cream to garish
- rye bread to serve

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 7 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 2220 milligrams
9. Sugar: 13 grams

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