

'From A Polish Country House Kitchen's Barszcz

Yield: 7 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-borscht-recipe-polish>

Ingredients:

- 4 beets large or 6 small, peeled and halved
- 1 pound veal bones meaty
- 1 medium carrot trimmed and peeled
- 1 parsnip medium, trimmed and peeled
- 1 onion large, peeled and halved
- 1 leek white and green parts, trimmed, halved lengthwise, and rinsed
- 1 celery stalk
- 1/4 celery root
- 4 dried mushrooms or porcini, if you've got them
- 8 garlic cloves peeled but left whole, plus 2 extra just in case
- 1 bay leaf
- 1 pinch marjoram dried, plus more for seasoning
- 6 peppercorns optional; throw them in if you like a spicier soup
- 12 cups water depending on the size of the pot
- 1 lemon
- salt
- freshly ground pepper
- 1/2 cup sour cream or plain Greek-style yogurt, optional

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 10 milligrams
4. Fat: 3.5 grams
5. Fiber: 5 grams
6. Protein: 3 grams
7. SaturatedFat: 2 grams

8. Sodium: 210 milligrams

9. Sugar: 7 grams

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