

# Borscht

Yield: 7 min

Total Time: 170 min

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

## Ingredients:

- olive oil or vegetable oil
- 1 1/4 pounds beef shank slice of bone-in, with a lot of meat, or 1 pound of stew beef, excess fat trimmed
- 1 onion large, chopped, about 1 1/2 cups
- 8 cups beef broth or beef stock, divided 4 cups and 4 cups
- 4 beets large, about 1 1/2 pounds, peeled, chopped
- 4 carrots 1 lb, peeled, chopped
- 1 russet potato large, .75 lb, peeled, cut into 1/2-inch cubes
- 2 cups cabbage thinly sliced
- 3/4 cup fresh dill chopped
- 3 tablespoons red wine vinegar
- 1 cup sour cream
- salt
- freshly ground black pepper

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 50 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 23 grams
7. SaturatedFat: 5 grams
8. Sodium: 1150 milligrams
9. Sugar: 7 grams

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