

# Red Borscht

Yield: 10 min  
Total Time: 45 min

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

## Ingredients:

- 1/2 pound beef boneless
- 1/2 pound lamb on the bone or other meat pieces on the bone
- 10 cups water
- 1/4 cup vegetable oil
- 1 beet medium, boiled
- 2 tablespoons lemon juice
- 1 onion medium
- 1 pound cabbage head, approx 1/4 medium size cabbage
- 1 medium carrot
- 2 tablespoons crushed tomato
- 1/2 bunch parsley chopped
- 2 cloves garlic
- 2 bay leaves
- salt to taste

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 4 grams
8. Sodium: 140 milligrams
9. Sugar: 1 grams

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