

Classic Beef Borscht

Yield: 6 min
Total Time: 90 min

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

Ingredients:

- 1 pound beef cut into small cubes, Any kind of meat will work, I used stew meat here
- 2 teaspoons salt divided
- 2 medium carrots
- 2 beets medium
- 2 medium potatoes
- 2 celery ribs
- 7 ounces cabbage about ¼ of medium cabbage
- 1 tablespoon olive oil
- 2 garlic cloves pressed
- 4 tablespoons tomato paste
- 1 bay leaf
- 1/4 cup parsley chopped
- sour cream
- bread

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 55 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 18 grams
7. SaturatedFat: 6 grams
8. Sodium: 1040 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

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