

Borscht Soup

Yield: 8 min

Total Time: 210 min

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

Ingredients:

- 2 1/2 pounds beef on the bone,, I used chuck roast and 2 marrow bones
- 12 cups water
- 1 carrots
- 1 parsnips
- 1 celery root
- 1 onions
- 2 bay leaves
- 6 peppercorns
- 4 fresh parsley stalks
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper fresh
- 2 pounds beets fresh, scrubbed of soil
- 1 cup carrots cubed, 9 oz.
- 2 cups shredded cabbage 12 oz.
- 2 cups potatoes cubed white
- 2 onions medium, sliced
- 3 tablespoons tomato paste
- 1 tablespoon sugar
- 8 tablespoons sour cream
- 8 tablespoons dill snipped
- 2 lemon cut into wedges

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 105 milligrams
4. Fat: 24 grams
5. Fiber: 9 grams
6. Protein: 33 grams

7. SaturatedFat: 10 grams
 8. Sodium: 630 milligrams
 9. Sugar: 16 grams
 10. TransFat: 1.5 grams
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