

Russian Borscht Soup

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 1/3 pounds beetroot grated
- 5 1/4 ounces onion diced
- 2 1/4 cups carrot grated
- 7 1/8 cups cabbage shredded
- 1 1/3 pounds potato diced
- 2 cloves garlic
- 2 tablespoons tomato paste
- 2 tablespoons vegetable oil
- 1 tablespoon ground cumin
- 1 teaspoon cardamom
- 2 bay leaves
- 1 teaspoon thyme
- 1 teaspoon coriander dried
- 1 cube vegetable stock

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 58 grams
3. Fat: 7 grams
4. Fiber: 13 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 260 milligrams
8. Sugar: 18 grams

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