

Russian Cabbage Borscht

Yield: 7 min

Total Time: 105 min

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

Ingredients:

- 3 strips meat flanken, short ribs, about 1 1/2 pounds
- 2 1/2 quarts water
- 1 onion large
- 15 1/2 ounces peeled tomatoes in liquid
- 8 ounces tomato sauce
- 1/2 head cabbage finely sliced into shreds
- salt
- freshly ground pepper
- 1 cup raisins dark
- 1/4 cup dark brown sugar or to taste
- lemon juice optional

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 33 grams
3. Fat: 1 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 280 milligrams
7. Sugar: 23 grams

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