

Borscht (Russian-Style Beet Soup)

Yield: 4 min
Total Time: 150 min

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

Ingredients:

- 2 tablespoons avocado oil or light olive oil
- 1 pound beef stew meat
- 1 bay leaf
- 8 cups beef broth divided
- 1 3/4 pounds beets roots only; use the greens for something else, scrubbed and trimmed
- 4 medium carrots finely chopped
- 3 stalks celery diced
- 1 onion large, chopped
- 1 starchy potato large, such as Russet, scrubbed and chopped
- 1/2 pound savoy cabbage thinly sliced into shreds, about 5 cups shredded
- 4 cloves garlic minced
- 1/2 teaspoon coarse kosher salt use a bit less if using fine salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon allspice
- 3 tablespoons tomato paste
- 6 tablespoons red wine vinegar or apple cider vinegar; more or less to taste
- 1/4 cup fresh dill chopped, plus more for garnish if desired
- sour cream for garnish, optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 12 grams
6. Protein: 13 grams
7. SaturatedFat: 1.5 grams

8. Sodium: 2200 milligrams
 9. Sugar: 22 grams
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