

Traditional Russian Cabbage Soup (Shchi)

Yield: 6 min
Total Time: 85 min

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

Ingredients:

- 1 1/2 ounces butter
- 1 chopped onion large
- 1 head cabbage cut into shreds
- 1 grated carrot large peeled and coarsely
- 1 celery rib chopped
- 1 bay leaf
- black peppercorns to taste
- 8 cups water or vegetable stock
- 2 russet potatoes large peeled and coarsely chopped
- 2 chopped tomatoes large peeled, seeded and, or 1, 14-ounce can undrained diced tomatoes
- salt
- pepper
- fresh dill for garnish, optional
- sour cream for garnish, optional

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 6 grams
6. Protein: 4 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 240 milligrams
9. Sugar: 3 grams

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