

# Solyanka Soup

Yield: 6 min  
Total Time: 30 min

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

## Ingredients:

- 1 celery stalk
- 4 cups water
- 32 ounces chicken broth
- 3 pickles julienned or cubed
- 1 cup olives sliced thin
- 1 carrot cubed or shredded
- 1/2 cup tomatoes cubed
- 16 ounces ham cubed
- 1 medium onion finely chopped
- 2 tablespoons unsalted butter
- 1 1/2 tablespoons all-purpose flour
- 1/4 cup brine pickling
- 2 teaspoons sour cream
- 1/4 cup chopped cilantro
- 1/4 cup dill chopped
- 1 1/2 teaspoons salt
- 1/4 teaspoon ground black pepper
- lemon
- sour cream

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 55 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 6 grams
8. Sodium: 2050 milligrams

9. Sugar: 2 grams

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