

# Russian Solyanka Soup

Yield: 8 min  
Total Time: 65 min

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

## Ingredients:

- 5 potato
- 8 7/16 cups water
- 1 carrot
- 1 onion
- 2 pickled cucumbers
- olives to taste
- 2 1/16 cups mushroom
- 2 tablespoons tomato paste
- 4 tablespoons olive oil
- 1 bay leaf
- salt to taste
- black pepper to taste
- 1/4 teaspoon paprika
- dill to taste
- parsley to taste
- 1 lemon

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 28 grams
3. Fat: 7 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 290 milligrams
8. Sugar: 3 grams

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