

Ukrainian Borscht

Yield: 10 min
Total Time: 80 min

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

Ingredients:

- 12 cups water
- 3 1/2 pounds cabbage thickly sliced
- 3 bay leaves
- 1 onion large, chopped
- 3 medium carrots chopped
- 1 tablespoon avocado oil
- 3 beets large, cut into matchsticks
- 2 tablespoons whole wheat flour or 1 tbsp cornstarch
- 6 ounces tomato paste
- 14 ounces tomato sauce low sodium
- 4 large potatoes cubed
- 14 ounces kidney beans or cans pinto, I use my own cooked beans
- 2 tablespoons salt
- 2 tablespoons honey or maple syrup
- 1/4 cup white vinegar
- 1/2 teaspoon ground black pepper
- 4 large garlic cloves crushed
- 1/3 cup dill or parsley, finely chopped
- greek yogurt
- bread

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 5 milligrams
4. Fat: 4 grams
5. Fiber: 10 grams
6. Protein: 10 grams
7. SaturatedFat: 1 grams

8. Sodium: 1840 milligrams
 9. Sugar: 15 grams
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