

Vegan Borscht

Yield: 8 min

Total Time: 185 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-beets-potatoes-carrots-celery-recipe>

Ingredients:

- 1 tablespoon olive oil
- 3 cloves garlic minced
- 1 onion chopped
- 3 tablespoons olive oil
- 2 stalks celery chopped, optional
- 2 carrots finely chopped
- 1 green bell pepper chopped
- 3 beets including greens, diced
- 16 ounces whole peeled tomatoes
- 1/2 cup diced tomatoes canned peeled and
- 2 potatoes quartered
- 1 cup Swiss chard shredded
- 2 cups vegetable broth
- 4 cups water
- 2 tablespoons dried dill weed
- salt
- ground black pepper
- 16 ounces silken tofu

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 19 grams
3. Fat: 10 grams
4. Fiber: 3 grams
5. Protein: 7 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 400 milligrams
8. Sugar: 5 grams

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