



## Beetroot Soup (Borsch)

A robust soup of rural Eastern Europe. Usually served with sour cream and chunks of bread. Can be a meal in itself

**Serves** : 6  
**Preparation Time** : 20 mins  
**Cooking Time** : 45 mins

### Ingredients

2 pints meat or vegetable stock or two stock cubes dissolved in hot water  
3 large beetroot peeled and grated  
2 medium onions peeled  
3 medium potatoes peeled  
4 stalks celery  
1 medium cabbage shredded  
2 large tomatoes, skinned and chopped  
1 green pepper  
3 tbs vegetable oil  
Juice of 1 lemon  
Salt and pepper  
1/2 pint sour cream or yogurt  
1 tsp fresh flat leaf parsley

### Herbs & Spices

1 Bay Leaves  
1/2 tsp Dill Seed  
1 tsp Garlic Chips

### Cooking Instructions

Roughly chop the onions and dice the potatoes, celery and pepper into 3/4" cubes. Stir-fry with oil in a large heavy pot for two mins.

Then add shredded cabbage, grated beetroot, garlic granules, the chopped tomatoes, bay leaf, dill seeds (crushed with back of a spoon) and 1/2 tsp parsley. Stir well, add the stock and simmer until all the vegetables are tender. Use a potato masher to lightly break up the vegetables or, if you prefer a smooth soup, puree in a blender. Season with salt and pepper to taste. Put in a tureen, stir in lemon juice and garnish with 1/2 tsp parsley. Serve with sour cream or yogurt.