

Bortsch



Embark on a culinary journey to Eastern Europe with our heartwarming borscht recipe, a traditional beet soup that's as nutritious as it is vibrant. This time-honored dish boasts a rich tapestry of flavors, melding the earthy sweetness of beets with a medley of fresh vegetables and aromatic herbs. Perfect for any season, borscht is a versatile soup that can be enjoyed hot to warm those chilly evenings or chilled for a refreshing summer meal. Our version is packed with nutrients, making it a wholesome addition to your recipe roster.

Preparation 30 min

Cooking 40 min

Servings 10

Nutrition Facts (per serving)

Calories 200

Fat 6

Carbohydrates 29

Fibre 6

Protein 7

Sodium 720

Ingredients

For Borscht:

- 8 small beets (or 2 x 398 ml Ready Beets packages), peeled, cooked, grated

- 3 medium potatoes, cubed
- 2 carrots, peeled and thinly sliced into rounds
- 60 ml (¼ cup) olive oil, divided
- 20 g (4 tsp) low-sodium powdered chicken broth mix

For Zazharka (Mirepoix):

- 1 medium onion, finely chopped
- 2 celery ribs, finely chopped
- 60 ml (¼ cup) ketchup

Additional Flavorings:

- 1 can (540 ml) white cannellini beans, rinsed
- 60 ml (¼ cup) white vinegar, or to taste
- 45 ml (3 tbsp) chopped dill
- 2-3 large garlic clove, pressed
- 5 ml (1 tsp) sea salt, or to taste
- 1.2 ml (¼ tsp) black pepper, freshly ground
- 2 bay leaves

For serving:

- 200 g (1 cup) plain Greek yogourt, 0%

Preparation

1. In a large pot, boil 2.5 L (10 cups) of water.
2. Once the water is boiling, add the grated beets, potatoes, carrots, half the oil, and the bouillon powder. Cook on medium heat for 10-15 minutes or until the potatoes are soft.
3. In the meantime, add the rest of the oil to a pan, and sauté the onion and celery on medium-high heat for 5-7 minutes. Add the ketchup and cook for an additional 30-60 seconds.
4. Once cooked add the onion and celery mix to the pot of soup, then add the additional flavorings to the pot to taste, and cook for an additional 2-3 minutes.
5. To serve, top with a dollop of Greek yogourt, and more dill as desired.

Notes

Can be refrigerated 2-3 days, can be frozen up to 3 months.



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