

BORCHT SOUP

Ingredients:

4 medium beets, diced
4 medium potatoes, diced
5 medium carrots, diced
1 large onion, chopped
1 small can of tomato paste
5 Tbsp olive oil
1 small bunch of parsley, chopped
8 cups water

Tip: for an easier version of this recipe that will save you time, grate the beets, potatoes and carrots instead of dicing. You can also add ½ medium shredded cabbage to this soup. Add 1 cup of canned chickpeas for a more filling soup.

Instructions:

- Heat oil in a medium pot. Add onions and sauté for about 5 minutes.
- Add the tomato paste and stir until a uniform mixture forms.
- Add water to the pot and mix.
- Bring to a boil and add beets, potatoes and carrots. Simmer for about 30 minutes, or until the vegetables are tender.
- Add the parsley at the end. Mix.
- Serve with sour cream.

Serves 4

