

Basic Borscht!

Preparation Time: 20 minutes
Cooking Time: 1 hour 40 minutes
Total Time: 2 hours

Serves 10

3 medium beetroot, peeled and grated
5 Tbsp olive oil
4 cups Chicken/Vegetable stock cube + 6 cups of water
3 medium potatoes, peeled and sliced into bite-sized pieces

2 sticks of celery, peeled and finely chopped
2 carrots, peeled and grated
1 small red pepper, finely chopped (optional)
1 medium onion, finely chopped
4 Tbsp ketchup or 3 Tbsp tomato sauce

1 can white cannellini beans
2 bay leaves
2-3 Tbsp white wine vinegar or to taste
1 large garlic clove, pressed
3 Tbsp chopped dill
Salt and pepper, to taste

Sour cream to serve



Instructions

1. Peel, grate and/or slice all vegetables, keeping sliced potatoes in cold water until ready to use.
2. Heat a large soup pot over medium/high heat and add 2 Tbsp olive oil. Add grated beetroot and sauté for 10 minutes, stirring occasionally until beetroot is softened.
3. Add 4 cups stock and 6 cups water. Add sliced potatoes and sliced carrots then cook for 10-15 minutes or until easily pierced with a fork.
4. While potatoes are cooking, place a large skillet over medium/high heat and add 2 Tbsp oil. Add chopped onion, celery and pepper. Sauté, stirring occasionally until softened and lightly golden (7-8 minutes). Add 4 Tbsp Ketchup and stir fry 30 seconds then transfer to the soup pot to continue cooking with the potatoes.
5. When potatoes and carrots reach desired softness, add 1 can of beans with their juice, 2 bay leaves, 2-3 Tbsp white vinegar, salt, pepper, 1 pressed garlic clove, and 3 Tbsp chopped dill. Simmer for an additional 2-3 minutes and add more salt and vinegar to taste.
6. Serve with a dollop of sour cream and enjoy!

For all recipes, a minimum of close supervision is suggested. It is suggested that teacher/parent peels, chops and grates. Please be careful when using all cooking equipment, including ovens.