

Delicious Peppery Beet Borscht

Today's beet borscht recipe is a beloved and traditional soup from Russia. Borscht soup is a fantastic way to support your body's natural detox abilities while enjoying a delicious winter soup.



What you'll need...

- 1 1/2 cups cubed potatoes
- 2 cups cubed beets
- 6 cups chicken or vegetable broth
- 2 tablespoons butter
- 1 1/2 cups chopped onions
- 4 garlic cloves minced
- 1 cup chopped beet greens
- 1 tablespoon caraway seeds
- 2 teaspoons salt (or to taste)
- 1 celery stalk, chopped
- 1 large carrot, sliced
- 3 cups coarsely chopped purple cabbage
- 2-3 tablespoons freshly ground black pepper
- 2 bay leaves
- a couple handfuls of shitake mushrooms
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- 1 cup tomato puree
- sour cream (optional)
- green onions for garnish

- 1 Heat the butter in a large pot. Sauté the onions until they are translucent.
- 2 Add the garlic, caraway seeds, salt, pepper, bay leaves. Sauté for 1 minute.
- 3 Add the celery, carrots, cabbage, beets, potatoes, mushrooms and stock. Simmer until all the vegetables are tender, about 30 minutes.
- 4 Stir in the balsamic vinegar, beet greens, honey and tomato puree. Cover and simmer for 5 more minutes.
- 5 Serve with a dollop of sour cream (optional) and green onions for garnish.