

Borsch

Beet borscht is a traditional cold vegetarian soup common in Russian, Ukrainian, and Jewish cooking.

Recipe from: Bill Koehnlein

- X number of beets
- 1/2 X onions
- 1/4 X carrots
- red or green cabbage
- beet greens
- cider vinegar or brown rice vinegar
- salt, if desired

Slice the vegies, put them into a soup pot and fill with water to about 1 1/2 to 2 inches above the vegetables.

Add salt to taste.

Bring to a boil, then reduce heat.

Simmer as long as possible over the lowest heat possible.

When the vegetables are soft, mash them with a potato masher (do not put into a blender or food processor; the idea is to have a coarse soup, not a cream soup).

Add vinegar to taste.

Continue to simmer; you want all the flavors to marry.

Serve with a kasha dish and pumpernickel or Russian black bread.

A great cold-weather meal; this is the best borsch recipe this side of Odessa!

Source: International Vegetarian Union website