

Chen and Marina's Borscht

Makes 6 – 1.5 cup servings



Ingredients

2 medium potatoes (peeled and diced into half inch pieces)
1 medium head of white cabbage (thinly sliced)
2.5 quarts hot water
3–4 Tbsp vegetable oil
1 large onion (finely chopped)
1 red bell pepper (diced)
1 grated carrot
1 grated beet
4 crushed garlic cloves
1 finely chopped tomato (optional)
1 heaping Tbsp tomato paste
1 Tbsp ketchup.
Salt and black pepper (to taste)
1/2 tsp lemon salt (Citric Acid)
1 tsp granulated sugar (or as needed for balancing acidity)
1 large handful of chopped parsley

Instructions

1. Fill a large pot with 2.5 quarts of water and bring to a boil. Add the cubed potatoes and cook until they are almost tender (about 15–20 minutes).
2. Meanwhile, heat the vegetable oil in a large pan. Sauté the chopped onion until lightly golden. Add the diced red bell pepper and sauté for 1–2 minutes. Then add the grated carrot and beet; stir and sauté until their volume reduces and they partially soften (5–7 minutes).
3. Add the crushed garlic and sauté for about 30 seconds until fragrant. If using, add the chopped tomato and cook for one more minute. Stir in the tomato paste and ketchup. Mix well, sauté for a minute, and remove the pan from the heat.
4. When the potatoes are almost tender, add the sliced cabbage to the pot and cook for only one minute. Add salt (to taste) and the lemon salt (Citric Acid) to the pot. (The lemon salt is added to preserve the beet's vibrant, bright red color).
5. Pour the entire contents of the pan into the soup pot. Lower the heat and simmer for 5–10 minutes until all vegetables are tender.
6. Taste the soup and add sugar as needed to balance the acidity to your preference.
7. Stir in the chopped parsley, turn off the heat, cover the pot, and let it rest for 5 minutes before serving. Serve hot, topped with a dollop of sour cream (or crème fraîche).

Tip: The borscht is often considered even better the next day, as the flavors deepen and meld overnight.

Meat Option for Borscht

To prepare a meat-based borscht, use a tough cut of beef ideal for long simmering, such as Beef Chuck or Shank. Cut the beef into bite-sized cubes. Start by placing the meat in the pot with the cold water (before the potatoes) and simmer until tender, skimming the foam. Once tender, proceed with the rest of the recipe steps as the meat creates a rich, savory broth base.

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Nutrition Facts

Serving size: 1.5 cups

Servings: 6

Amount per serving

Calories	201	
% Daily Value*		
Total Fat	9.4g	12%
Saturated Fat	1.2g	6%
Cholesterol	0mg	0%
Sodium	87mg	4%
Total Carbohydrate	28.1g	10%
Dietary Fiber	7g	25%
Total Sugars	11.1g	
Protein	4.1g	
Vitamin D	0mcg	0%
Calcium	82mg	6%
Iron	1mg	8%
Potassium	749mg	16%

Recipe analyzed by www.verywellfit.com