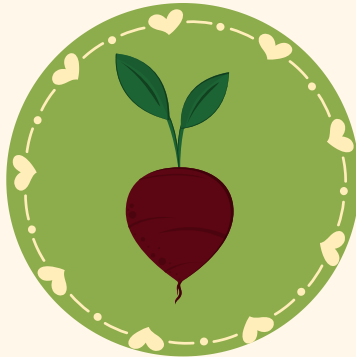


BEET BORSCHT

Brought to you by the Good Food Bank



NELSON
community food centre

BEET BORSCHT



INGREDIENTS:

- 1 tbsp oil of choice
- 1 onion diced
- 3 beets, chopped or grated
- 2-3 carrots, chopped
- 1/4 of a purple or green cabbage, chopped
- 2-3 ribs of celery, chopped
- 2 medium potatoes, chopped
- 2 tbsp of tomato paste
- 2 bay leaves
- 2 cloves garlic, minced
- 1 thumb of ginger, minced
- 5 cups water or stock

INSTRUCTIONS:

- Heat oil in large soup pot, when oil is shimmering add onion, celery, carrot and a pinch of salt. Cook for 5-7 minutes on medium heat.
- Add tomato paste, garlic and ginger. Cook for 2 minutes.
- Add remaining vegetables, bay leaves and 5 cups of water or stock.
- Bring pot to a boil on medium high heat, then turn it down to medium low. Allow soup to simmer for 40 minutes, until vegetables have softened.
- Top with fresh dill or sour cream.



BEET FACTS:

- Beets help regulate blood pressure
- Beets help liver function
- Beets are high in B-vitamin folates
- Beets will help keep you regular