

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Beet Cabbage Borscht with Potatoes and Sour Cream**

Traditionally a large pot of borscht is prepared to feed a family over a number of days. Which is a good thing, as the flavor continues to get better with each day. For a smaller amount of Borscht, this recipe is easily halved.

- There's a bit of work involved in preparing the vegetables for Beet Cabbage Borscht. Such as roasting the beets to concentrate their sweetness and shorten their cooking time in the soup pot. Though all of your effort is well rewarded with a huge pot of earthy, vibrant, violet-hued borscht.
- So many textures in each spoonful. Grated and diced and roasted beets, diced potatoes, shreds of cabbage and silken broth all married together with a large dollop of sour cream.
- Enjoy this hearty and nourishing Beet Cabbage Borscht hot, cold or at room temperature.
- Naturally gluten-free. And vegan without the dollop sour cream.
- Inspired by and much adapted from a recipe in *[The Daily Soup Cookbook](#)*.

Makes 5 ½ quarts

Active Time 1 hour

Total Time 2 hours

### ***Ingredients***

2 ⅓ pounds beets, trimmed and peeled as needed. Coarsely grate 6 cups of beets;

⅓-inch dice 4½ cups of beets

1 tablespoon ⅛-inch diced butter

2 tablespoons olive oil

1 large yellow onion, sliced pole to pole than halved (3 cups)

2 cups ⅓-inch diced carrots

2 cups ⅓-inch diced celery

3 garlic cloves, peeled and pressed with a garlic press

2 tablespoons sea salt

Dozen twists freshly ground black pepper

2 pound head of cabbage, trimmed, cored and sliced ¼-inch thick (4mm slicing disc)

2 teaspoons dried thyme leaves

2 bay leaves

4 cups ½ -inch diced Yukon Gold potatoes (1⅓ pounds)

1 tablespoon prepared horseradish

1 tablespoon fresh lemon juice

1 teaspoon red wine vinegar

### *Garnish*

Sour cream

½ cup thinly sliced scallions

### *Directions*

1. Heat the oven to 425 degrees.
2. Spread out the grated and diced beets in a single layer on different rimmed and baking paper lined sheet pans. Dot the grated beets with the butter and cover this pan with foil. Roast both pans of beets for 45 minutes, turning the diced beets once. Remove the beets from the oven and set aside.
3. Heat the oil in a large soup pot over medium heat. Stir in the onion. Cover the pot, reduce the heat to medium low and cook for 5 minutes.
4. Raise the heat to medium. Stir in the diced carrots, celery, garlic, salt, pepper, thyme and bay leaves. Top with the sliced cabbage. Cover the pot; cook 4 minutes.
5. Add 12 cups of water along with the potatoes and reserved beets. Bring the mixture to a boil over high heat. Partially cover the pan, reduce the heat so the soup simmers for 20-25 minutes or until the vegetables are tender and cooked through.
6. Stir in the horseradish, lemon juice and red wine vinegar. Adjust the salt to taste.
7. Serve Beet Cabbage Borscht garnished with a dollop of sour cream and a sprinkling of sliced scallions. Enjoy Beet Cabbage Borscht hot, cold or at room temperature.