



Borscht

Ingredients:

- 4-5 medium beetroot, washed, but not peeled
- 1 large onion, chopped
- 1 large clove garlic, chopped
- 2 cups vegetable, beef or chicken stock
- 1 teaspoon salt
- 2 teaspoons black pepper
- 1 teaspoon marjoram
- 1 teaspoon thyme
- 2 teaspoons dill
- sour cream for garnish



Note: chunked cooked lamb or beef is a good addition to this soup

Directions:

- In a large pot, cover beetroot with just enough water to cover them.
- Boil for 45 minutes.
- Meanwhile, cook onion in a tablespoon of oil until tender.
- Add garlic for the last couple of minutes and set aside.
- When the beetroots are done (They are done if a knife slides easily through), transfer them to a chopping board and allow them to cool enough to handle, discarding the liquid.
- Then, peel and chop the beetroot into cubes (peels should come off very easily with rubber gloves).
- Combine beetroot with onion and garlic in a large pot, stirring thoroughly.
- Stir in stock and herbs.
- Simmer for 20 minutes.
- Transfer soup to blender or food processor.
- Blend just a bit for chunkier soup or puree, whichever you prefer.
- If you choose to add beef or lamb, heat it and add to soup at this point.
- Garnish individual servings with sour cream and a sprinkle of dill.