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Borcht

Ingredients

2 large or 3 medium potatoes, sliced into bite-sized pieces
2 large or 3 medium beets, peeled and grated
2-3 medium-sized tomatoes, sliced into bite-sized pieces
1 medium onion, finely chopped
2 carrots, grated
1/2 head of cabbage, thinly chopped
2 cloves garlic, minced
0.5fl oz. oil
Sour cream (optional)
Fresh parsley (optional)

Preparation

- 1 Take a large soup pot. Add the oil and heat over medium-high heat until hot
- 2 Add the onion and garlic and stir about 2 minutes
- 3 Add chopped tomatoes
- 4 Add carrots
- 5 Add beet root
- 6 Add cabbage
- 7 Pour the vegetables with 8 cups of water add salt and pepper and bring to boil
- 8 Add potatoes
- 9 Cover the pot and leave on the low heat for about 30 minutes
- 10 Serve hot in soup bowls garnished (optionally) with a spoonful of sour cream on top.
Best served with a piece of dark rye bread. Yum!

Cooks Note
