

Vegan borscht beetroot soup

This crimson beetroot soup is a widespread Eastern Europe dish. The original recipe contains beef meat. We can make it vegetarian and enjoy it with its crimson color and all its antioxidants from the beetroot.

Time to prepare: 1 hour

Difficulty: Intermediate

Utensils: Cutting knife, a big kettle for boiling, stirring spoon

Adaptable: Yes

Vegetarian: Yes

Vegan: Yes

Dish origin: Eastern Europe

Servings: 8

Ingredients:

- 12 cups vegetable stock, or 1 tbsp powdered veg stock, or 1 veg stock cube
- 5 cups green or red cabbage, chopped
- 1 large onion, finely chopped
- 3 medium carrots, sliced or finely chopped
- 2 tbsp olive oil
- 3 large beets, cleaned and cut into strips
- 4 large potatoes peeled and diced
- 170 gr. low sodium tomato paste
- 2 tbsp salt
- 3 bay leaves (optional)
- 1 tbsp white vinegar
- a pinch of sugar
- 3 large cloves of garlic, minced or chopped
- some ground black pepper
- ¼ cup chopped dill or parsley
- a little sour cream or vegan yogurt and bread for serving (optional)

☐ All ingredients may vary in ratios depending on what you have available

Preparation:

1. In a large pot add the stock, bay leaves and bring to a boil. In the meantime, wash and cut all your vegetables. When the stock begins to boil, add the cabbage, cover the pot and bring to a boil. Then reduce the heat to low and cook for another 20 minutes.
2. Meanwhile, in a large pan over medium heat, add a little oil and saute the onions and carrots for about 5 minutes. Add the beets, the remaining 1 tbsp. of oil and cook for 3-4

minutes. Transfer your sauteed vegetables to a pot along with the potatoes, tomato paste and salt. Cover with a lid, bring to the boil, then simmer for 20 minutes.

3. Turn off the heat, add vinegar, sugar, garlic and pepper, stir and leave the borscht for 10 minutes so that the flavors can blend together. Add dill, stir and adjust salt and pepper to taste.
4. Optional: Serve your soup hot with some vegan yogurt or sour cream, bread and powdered garlic.

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