

Recipe – Borscht (Level 3)

In a large soup pot, under medium heat, put enough olive oil to coat the bottom

Scrub 8 at least golf ball size beets

Cover with water in a saucepan and simmer until a knife gets through but still firm, cool, peel, slice into julienne strips or use 2 cans of beets, cut up julienne style

Brown about 1 lb. of beef chuck in a whole piece

Add:

- 1 whole head cabbage, shredded
- 1 large onion, sliced
- Juice of one lemon
- 10 cups of water
- 3 cups crushed tomatoes
- 1 tablespoon dill seed
- 1 tablespoon caraway seed
- 5 beef bouillon cubes

Simmer an hour, remove the meat and cut it up; add the beets and cut up beef and simmer another 15 minutes