

Recipes

Vegetarian Borscht



Ingredients

1 tsp oil	1 Large onion (Finely chopped)	5 medium beetroot
1 Small carrot	5 tsp tomato paste	6 Pints stock
2 Large potatoes	1 Medium cabbage	1 Green pepper (Diced)
3 tsp sugar	Juice of 1 lemon	1 tsp Salt
$\frac{1}{2}$ tsp black pepper	1 Clove garlic (Crushed)	$\frac{1}{2}$ tsp Mixed herbs

Method

Peel and julienne raw beetroot

Peel and cube potatoes, chop cabbage.

Heat oil in large pan over a medium heat. Add onion and cook until browned, about 5 to 7 minutes.

Add beetroot, carrot and continue stirring for a further 10 minutes.

Stir in tomato paste, remove from the heat and leave to one side.

In a large stockpot, bring the stock to a boil over a high heat. Add the potatoes and cook for 3 minutes add the cabbage and continue stirring for a further 5 minutes.

Add the beetroot, carrot and tomato paste mixture and stir in, add the green pepper, sugar, lemon juice, salt and black pepper.

Reduce the heat to a simmer and cook for 20 minutes.

Remove from the heat.

Stir in the garlic and mixed herbs.

Serve hot