

Whole Beet Borscht

From – *The New Laurel's Kitchen*

1 small onion - chopped
2 cloves garlic
2 Tbsp olive oil
2 Tbsp flour
3 ½ cups vegetable stock
2 ½ cups water
6 small or 3 large beets
2-3 small potatoes
2 carrots
1/2 small cabbage
2 bay leaves
1 1/2 tsp salt
1/4 tsp freshly ground pepper
1 tsp honey
½ can tomato paste or 2 fresh tomatoes - chopped
sour cream and chopped dill, for garnish

- Chop onion and saute with garlic clove in oil. Mash garlic clove when onion is translucent and browning.
- Stir in flour and cook gently for a minute.
- Add stock and/or water and bring to a boil.
- In the meantime, grate beets, potato, and carrot.
- Add these and simmer 10 minutes while you shred the cabbage.
- Add cabbage, bay leaves, salt, pepper, honey and tomato to the vegetable mixture.
- Simmer until all vegetables are tender.
- Remove bay leaves.
- Serve with a dollop of sour cream and a sprinkle of chopped fresh dill.



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