

## Russian Borscht

- 8 c vegetable broth or water
- 2 T olive oil
- 1 onion chopped
- 1 leek, white and light green parts, thinly sliced
- 2 celery stalks, thinly sliced
- 2 garlic cloves, minced
- 2 carrots, thinly sliced
- 1 large potato, peeled and diced
- 4 [beets](#), peeled and diced
- 1/4 head each green and red [cabbage](#), shredded
- 1 bay leaf
- 1 t salt
- 1/2 t pepper
- 2 T red wine vinegar
- 3 T fresh dill
- 1/2 c sour cream or Greek yogurt

In a large pot, heat the olive oil over medium heat and sauté the onion, leek, celery and garlic until softened. Add the broth, bring to a boil; add carrots, potato, cabbage, bay leaf and salt. Simmer for 20 minutes or until the vegetables are softened but still a bit firm. Add vinegar and season to taste with salt and pepper. Garnish with dill and a dollop of sour cream. Serves 6.

### Notes:

- I used water, not broth, added 2 teaspoons of [Vegeta](#) and omitted the parsnips (which I find overpowering.)
- If you're in the mood for a smooth soup, **Russian Borscht** is good puréed too.
- Jittery on waste, I finely chopped the beet greens and stems and turned them into a delicious salad with baby kale, strawberries, blackberries, blueberries, avocado oil, seasoned rice vinegar and black pepper.

**Jittery Cook**  
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