

Cabbage Beet Borscht

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Palm Beach Post

Servings: 8

6 medium beets, cleaned and trimmed
3 tablespoons olive oil
3 pounds stewing beef, cut into bite-size pieces, about 1 1/2-inches
2 medium leeks, finely chopped
2 medium carrots, peeled and coarsely chopped
1 can (16 oz) diced tomatoes, well drained
1 medium head of green cabbage, coarsely shredded
10 cups water
2 tablespoons tomato paste
6 sprigs fresh dill weed
5 tablespoons good-quality red wine vinegar
1/3 cup brown sugar
1 tablespoon brown sugar
salt
freshly ground black pepper
1/2 cup sour cream (for garnish)
2 tablespoons fresh dill weed (for garnish), finely chopped

Place the beets in a large saucepan and cover with an inch of water. Place over medium heat and simmer for 45 minutes to one hour, or until fork tender. Remove the beets from the pan, reserving two cups of the beet juice, and place them in a colander. Run under cold running water and peel. Cut the beets into 3/4-inch pieces and reserve.

In a large soup pot, heat two tablespoons of the oil on medium-high heat. Brown the meat in batches, making sure not to crowd the meat, for about 5 to 7 minutes for each batch. Reserve the beef.

Add the remaining oil and saute' the leeks and carrots for about 5 to 7 minutes or until nicely softened and lightly browned.

Add the two cups of the beet juice, reserved beef, tomatoes, cabbage, water, tomato paste and dill weed to the vegetables, making sure to scrape up all the browned bits from the bottom of the pan.

Bring to a simmer, partially covered, over medium heat and cook for 1 1/2 hours or until the meat is tender when pierced with a fork.

Add the reserved beets, vinegar, brown sugar, salt and pepper. Simmer 5 more minutes.

Taste for seasoning. You may need to adjust the sweet-and-sour flavoring to your taste.

To serve, ladle the borscht into deep soup bowls and garnish with sour cream and a sprig of dill weed.

Per Serving (excluding unknown items): 128 Calories; 5g Fat (35.9% calories from fat); 2g Protein; 20g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 105mg Sodium. Exchanges: 2 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.