

# Beet Barszcz

Wanda Pawlikowski

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

8 cups water  
1 small shank bone  
1 onion  
2 sticks celery  
2 large carrots  
1 teaspoon parsley flakes  
salt  
pepper  
1 jar pickled beets  
sour cream (optional)

In a pot, bring the shank bone to a boil in four cups of water. Once boiled, drain and rinse.

Place the onion, celery, carrots, parsley, salt and pepper. Simmer for about three hours. After simmering, add the pickled beets. Simmer for about 30 minutes.

Serve with boiled potatoes.

If creamed consistency is desired, saute' two tablespoons of butter in a small saucepan with two tablespoons of flour. Slowly add the roux into the beet soup. Then in a large serving bowl take one small container of sour cream and slowly add it, a ladleful at a time, into the beet soup while using a wire whisk.

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Per Serving (excluding unknown items): 264 Calories; 1g Fat (2.3% calories from fat); 5g Protein; 64g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 779mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 Vegetable.