

Borscht II

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1/2 to one pound beef with
bone
1 medium cabbage,
coarsely chopped
2 large onions, diced
1 medium carrot, shredded
1 quart canned tomatoes
1/3 cup barley
1 large bay leaf
8 or more pepper kernels
1/4 star aniseed
parsley
dill
sweet cream*

In a souppot, boil the beef and barley until nearly tender.

Add the cabbage, carrots and onions. Bring to a boil.

Add the bay leaf, pepper, star aniseed, parsley and dill. Cook until the vegetables are tender.

Add the tomatoes. Let simmer for 10 minutes.

Add the cream. Serve.

Per Serving (excluding unknown items): 535 Calories; 3g Fat (5.1% calories from fat); 21g Protein; 118g Carbohydrate; 27g Dietary Fiber; 0mg Cholesterol; 1484mg Sodium. Exchanges: 3 Grain(Starch); 13 1/2 Vegetable.