
Russian Borscht

Faina Shapiro - New York

North American Potpourri - Autism Directory Service, Inc - 1993

1 pound lean beef, cubed
2 bay leaves
1 1/2 quarts water
1 tablespoon salt
1 1/2 cups raw beets, shredded
3/4 cup turnips, shredded
1 medium onion, chopped
2 tablespoons tomato puree'
2 tablespoons vinegar
1/2 head small cabbage, shredded
2 tablespoons butter
dash pepper
sour cream

In a soup pot, cook the beef with the bay leaves in salted water until tender, about 1-1/2 hours.

Add the remaining ingredients except the sour cream. Add more water, if necessary.

Cook the vegetables until tender.

Serve garnished with sour cream.

Soups, Chili, Stew

Per Serving (excluding unknown items): 1243 Calories; 88g Fat (64.4% calories from fat); 92g Protein; 17g Carbohydrate; 4g Dietary Fiber; 339mg Cholesterol; 6963mg Sodium. Exchanges: 12 1/2 Lean Meat; 3 Vegetable; 9 1/2 Fat; 0 Other Carbohydrates.