

# Borscht (Beet Soup)

Adapted from Common Threads Farm



## BORSCHT

SERVES 4-5 PEOPLE

### INGREDIENTS:

- 1 Tablespoon oil
- 1/2 medium yellow onion, minced
- 4-5 garlic cloves minced
- 2 cups finely chopped green cabbage or grated kohlrabi
- 1 cup grated carrot
- 2 medium beets, chopped into small pieces
- *Optional: 2 medium potatoes, cut into 1/4 inch slices*
- 1 tsp salt
- 1/4 tsp pepper
- 4 cups water *or broth*
- *1 Tablespoon + 1 teaspoon lemon juice or 1-2 Tablespoons white vinegar, to taste*

### DIRECTIONS:

1. Wash all produce. Heat oil in a large pot over medium heat.
2. Add onions, carrots, and beets and sauté for 3 to 5 minutes, until onions are soft.
3. Add cabbage or kohlrabi, garlic, and pepper. Sauté for another 1 to 2 minutes.
4. Add water and lemon juice or vinegar, if using. Bring to a boil.
5. Reduce heat to a simmer, and allow stew to cook for 15 to 20 minutes, or until beets are tender. Do not allow to boil dry; add water if needed to achieve desired consistency. Add salt to taste.
6. Serve, garnished with fresh chives, dill, and sour cream, if desired!

## OPTIONAL ADDITIONS

- Potatoes are a traditional ingredient in borscht. Cut them to be a little larger than the beets and add them at the same time as the cabbage. Increase the water by 1/2 cup for each potato you include.
- Boost the flavor by using vegetable, chicken, or beef broth instead of water in this recipe. If using broth, taste before you add salt, as broth will already add salt to your soup.

## MAKE IT A MEAL

- Add a can of cannellini (white) beans and their juice (again, taste before you add additional salt).
- Before step 2, sauté 1/2 pound sliced kielbasa sausage or ground pork (cook until browned) then add the onions, carrots and beets and continue with the recipe as written.

**DEMO VIDEO:** search "Concrete Farm to School Borscht"  
on Youtube

# RECIPE KIT CONTENTS

## SMALL

Family Size up to 5

- 1/2 onion
- 2 carrots
- 2 beets
- 4 cloves garlic
- 1/4 pound cabbage
- 1 recipe/ingredients for flatbread

### NOTES:

Follow recipe as written.

## LARGE

Family Size 6+

- 1 onion
- 4 carrots
- 4 beets
- 8 cloves garlic
- 1/3 pound cabbage
- Double flatbread

### NOTES:

Follow recipe as written, doubling oil, salt, pepper, water, and lemon juice/vinegar

## FLATBREAD (SMALL)

*MAKES 4-6 SERVINGS*

### INGREDIENTS:

- 1 bag dry ingredients (*contains 1.5 cups flour, 1.5 tsp baking powder, 1/4 tsp salt*)
- 1/2 cup water
- 2 Tbsp oil

### DIRECTIONS:

1. Measure flour, baking powder, and salt into medium bowl.
2. Add water and oil (*optional: replace water and oil with 1 cup Greek yogurt*) and mix until a ball of dough forms. Turn out onto lightly floured countertop and knead until dough is smooth (about 30 seconds).
3. Let dough rest for 20 minutes.
4. Roll dough into log and divide into 4 or 6 even pieces. Roll each piece into a 1/8-1/4 inch thick round.
5. Preheat pan over medium high heat. Cook flatbreads one at a time, about 2 minutes on each side.

## FLATBREAD (LARGE)

*MAKES 8-10 SERVINGS*

### INGREDIENTS:

- 1 bag dry ingredients (*contains 3 cups flour, 3 tsp baking powder, 1/2 tsp salt*)
- 1 cup water
- 4 Tbsp oil

### DIRECTIONS:

1. Measure flour, baking powder, and salt into medium bowl.
2. Add water and oil (*optional: replace water and oil with 2 cups Greek yogurt*) and mix until a ball of dough forms. Turn out onto lightly floured countertop and knead until dough is smooth (about 30 seconds).
3. Let dough rest for 20 minutes.
4. Roll dough into log and divide into 8 or 10 even pieces. Roll each piece into a 1/8-1/4 inch thick round.
5. Preheat pan over medium high heat. Cook flatbreads one at a time, about 2 minutes on each side.