

Beet Borscht Recipes

Clayton Schmitt, e-mail messages to Michael Miller

Beet Borscht Recipe 1

Yield: 4 Servings (1 serving: 1/2 cup)

1 1/2 cups beet liquid; drained of 1 can of beets
3/4 cup tomato juice;
1/4 tsp onion powder;
1/4 tsp salt;
1 tsp. fresh lemon juice;
1/4 cup plain low-fat yogurt

Mix all ingredients except yogurt. Chill 2-3 hours in a covered jar. Serve in cocktail glasses or small glass bowls, topping each with 1 tablespoon yogurt.

Beet Borscht Recipe 2

2 lb. beef brisket
1 large bunch beets
2 medium onions
2 tbsp sugar
1 large clove garlic
2 medium nuggets sour salt or juice of 1 lemon
salt and pepper to taste

Simmer beef in water to cover generously. Skim to clear. Add sour salt or lemon juice, sliced and peeled onions and beets, sugar, and seasoning. Mince garlic fine, add to broth. Cook until meat is tender (about 3 hours). Correct seasonings, serve hot.

Borscht (Beet Soup)

Yield: 8 Servings

1 lb. to 1 1/2 lb. beets
1 qt water
1 1/2 tsp. salt
1/4 tsp. pepper
2 tbsp. sugar
1/3 cup lemon juice
commercial sour cream

Wash, scrape and coarsely grate beets. Place beets, water, salt, pepper, sugar and lemon juice in a deep, 2-quart, heat-resistant, non-metallic casserole. Heat, covered, in Microwave Oven 10 to 12 minutes or until beets are tender. Chill soup several hours or overnight. Serve cold, garnished with dollops of sour cream.

From *The New Deluxe Sharp Microwave Oven Cookbook*