

Borsht - Cabbage/Beet Soup

Clayton Schmitt, e-mail message to Michael Miller

Yield: 8 Servings

1 medium cabbage
3 cloves garlic
beet; bunch
carrot; few
1 large onion
celery
3 lb. bone; meat/marrow bones
lemon; (fresh, frozen juice)

This is a hearty sweet and sour meat soup that can be used as a main dish soup. Bubbies measurements were never exact. You need to taste. Put meat and bones in a 8 or 12 qt. stock pot. Put in cans of tomato, cover with water and bring to a boil. In the meantime, get your veggies ready. Slice beets and carrots, others go in whole. When stock boils, skim off top. Put in beets, carrots, garlic, and other veggies. Turn heat down to a simmer and keep lid on askew. After about an hour, put in garlic and sugar. I have used Sweet and Low. Amounts are a matter of preference. It should have a rich, sweet and sour taste. I break up the meat and stir it back into the soup before serving.