

Apple Beet Borscht

Clayton Schmitt, e-mail message to Michael Miller

Yield: 6 Servings

3 oz. tomato paste
4 cups water or light vegetable stock
1/4 medium regular or green cabbage - thinly sliced
2 carrots, julienned
1 clove garlic, minced
3 beets, julienned
1 medium onion, thinly sliced
2 cups apple cider
1/4 cup tamari
1/4 cup sherry
2 tbsp molasses or honey
1 tbsp dried dill
2 tsp dried basil
1 tbsp caraway seeds
1 tbsp canola oil

Sauté caraway seeds in canola oil. Then, combine all ingredients in a soup pot. Bring to a boil, then lower heat and simmer 2-3 hours, stirring occasionally. Puree one-third of the soup in food processor; return puree to the pot and mix thoroughly. Serve hot or cold with a dollop of Tofu Sour Cream.