

Ukrainian Red Borscht Soup

There are many, many borscht recipes; this is how to make the version in the video.

Ingredients

1 medium beet
2 carrots
1 medium onion
2 medium baking potatoes
1/2 medium head cabbage
3 cloves garlic
1/2 medium sweet pepper
1 tomato or 1 can tomato paste
400-500 grams of beef/pork
salt and pepper to taste
water
sour cream for topping
fresh parsley for garnish

Cut all vegetables (except onion and carrot) into small pieces. Grate carrot and leave onion whole. Cut meat into bite-sized pieces.

Put all ingredients except salt, pepper, and toppings into pot. Fill pot with water to cover the ingredients. Season to taste.

Bring to a boil, turn heat down, and let simmer for fifty minutes. Taste and add more salt and pepper if needed.

Serve, topped with sour cream and fresh parsley.