

Vegetable Borscht

By: Michael Fernandes , Grade 12

Ingredients

- 1 pound beets (beetroot), peeled and cut into matchsticks
- 2 medium onions, sliced into half-moons
- 2 large carrots, peeled and cut into matchsticks
- 3/4 pound white cabbage, cut thinly into shreds
- 2 tablespoons olive oil
- 5 cups vegetable stock
- Juice of 1/2 a lemon
- Salt to taste
- Coarsely ground black pepper
- Sour cream (optional, omit for vegan soup)
- Finely chopped parsley or chives (optional, for garnish)



Directions

1. Peel and cut the onions, carrots, and beets (alternatively, shred the carrots and beets using the shredding blade of a food processor) and sauté over medium heat in the olive oil with a pinch of salt in a large soup pot. Reserve a small amount of beet to grate and add near the end to enliven the color.
2. In the meantime, bring the vegetable stock to a boil. When the vegetables are soft (about 5 minutes), add the shredded cabbage and the hot stock. Bring to a boil and simmer 15-25 minutes, until the vegetables are tender. With a few minutes left, add the reserved grated beet.
3. Season to taste with salt and pepper, then squeeze in the lemon juice, aiming for a pleasing but subtle sour taste. Serve with freshly grated black pepper, a dollop of sour cream, and chopped parsley, if desired.