

Borscht (Beetroot Soup)

It's World Cup Season again! This week we wanted to share a traditional recipe from Russia, the World Cup's Hosts. Popular in many Eastern European countries, Borscht is a very vibrant and nutritious soup. There is a wide variety of different Borscht recipes, varying from country to country, or even between provinces.

NB: Suitable for both TM5 and TM31

Active time: 10 min
Cooking Time: 25 min
Serves: 6 portions

Ingredients

1 onion, quartered
1 clove garlic
30 g olive oil
300 g Beetroot, peeled and chopped into chunks
100 g carrot, peeled and chopped into chunks
200 g cabbage, chopped into chunks
1 medium potato, diced (approx 150g)
200 g diced tomatoes, tinned or fresh
800 g water
2 tablespoons TM vegetable stock concentrate
200 g Cannellini Beans, drained and rinsed
1 teaspoon dried dill or 2 tablespoons fresh dill
1 teaspoon vinegar
cracked black pepper, to taste
A dollop of fresh or sour cream to serve for each bowl



Method

1. Place onion and garlic in TM bowl and chop **3 sec/speed 7**.
2. Add oil and sauté **3 min/100°C/speed 1**.
3. Place beetroot, carrot and cabbage in TM bowl and chop **4-5 sec/speed 5**.
4. Add potato, tomatoes, water and vegetable stock concentrate. Cook **15 min/100°C/reverse/speed 1**.
5. Add the beans, dill, vinegar and pepper. Cook **5 min/100°C/reverse/speed 1**.
6. Serve warm in bowls with a dollop of fresh or sour cream.

Cook's Tips

- If the soup is too thick you can add extra water

This recipe originally comes from annacabana's Baba's Borscht recipe on the Australian Recipe Community.

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