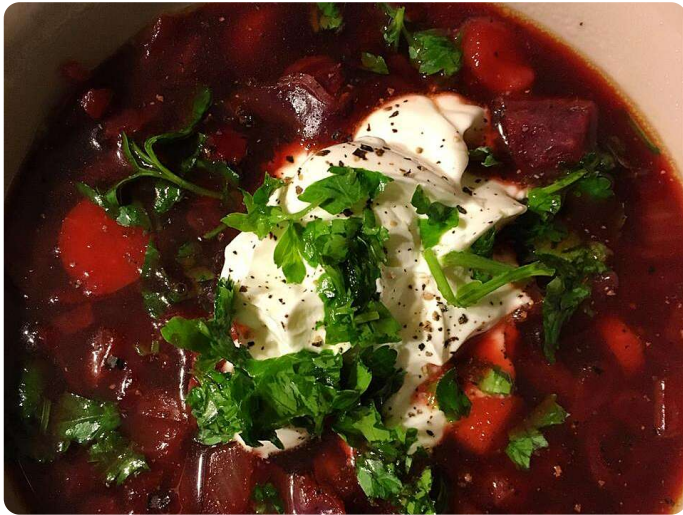


Beef and Beet Borscht

Savannah · 28/09/2024

**Prep Time**

5 hrs 5 mins

Difficult

Medium

Servings

8

Description

This beef borscht started my lifelong love of adding sour cream to things. The way the tangy rich cream melts into the hot beefy broth is a wonder to behold.

Ingredients

- 1 (1 inch thick) slice bone-in beef shank - 3 quarts water - 1 onion
- chopped - 1 cup chopped carrots - ½ cup chopped celery - 1 bay leaf - 3 cups diced peeled beets - 2 cups chopped cabbage - ¼ cup white vinegar
- or to taste - salt and ground black pepper to taste - 1 cup sour cream
- for garnish - 2 tablespoons chopped fresh dill
- for garnish

Instructions

1. Cook beef shank in a large soup pot over high heat until browned
2. about 3 minutes per side. Add water
3. onion
4. carrots
5. celery
6. and bay leaf; bring to a simmer and cook until meat is tender and falling off the bone
7. about 4 hours. Strain broth and discard solids. Combine beef broth
8. beets
9. and cabbage in the same pot; cook
10. stirring occasionally
11. until beets are tender
12. about 30 minutes. Reduce heat to low; add vinegar
13. salt
14. and black pepper. Serve soup in bowls garnished with sour cream and dill. Editor's Note: The nutrition data for this recipe includes the full amount of beef broth ingredients
15. even though only the broth is used.