

Vegetarian Borscht

Savannah · 28/09/2024

**Prep Time**

1 hr 15 mins

Difficult

Medium

Servings

6

Description

A rustic and hearty Eastern European classic vegetarian borscht originating from Ukraine with beets potatoes and lentils A wholesome soup for vegetarian diets and gentle on the budget too Serve with sour cream and fresh dill

Ingredients

- - 2 small beets
- peeled and coarsely grated - 3 tablespoons vinegar - 2 tablespoons vegetable oil
- or as needed - 1 onion
- chopped - 2 carrot
- coarsely grated - 8 cups water - $\frac{1}{4}$ medium head cabbage
- shredded - $\frac{3}{4}$ cup dry yellow lentils - 3 medium potatoes
- peeled and diced - salt and pepper to taste - 2 tablespoons tomato paste - 2 tablespoons sour cream
- or more to taste - 2 tablespoons chopped fresh dill

Instructions

1. Combine beets and vinegar in a small frying pan over low heat. Cook
2. while stirring
3. until soft
4. about 15 minutes. Heat oil in a large frying pan over low heat while beets are cooking. Add onion and stir for 2 minutes. Add carrots and cook
5. stirring occasionally
6. until soft
7. about 10 minutes. Set aside. Bring water to a simmer in a large saucepan. Add cabbage and lentils; cook for 10 minutes. Add potatoes and cook for 10 minutes more. Stir in cooked beets and onion-carrot mixture. Season with salt and pepper. Add tomato paste and simmer until all vegetables are tender
8. about 10 minutes more. Serve with sour cream and dill.