

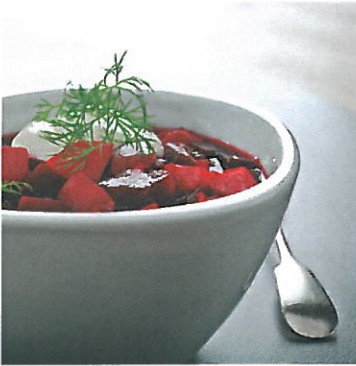


HOT BORSCHT

Ingredients: **Makes Four Quarts**

3 large beets (2 lbs.) Washed
2 lbs. Organic or Kosher stew meat
2 stalks celery
3 Sprigs of thyme

2 carrots
2 leeks, split and washed
1 onion studded with 5 cloves



Place beets, meats and vegetables in a 10qrt. soup pot. Cover with cold water and bring back to boil. Reduce heat to a gentle boil and cook until beets are done, about 45 minutes to 1 hour. Remove beets. Continue cooking until meat is tender, about 1 hour.

Strain soup, saving broth and skimming off fat. Discard celery, carrots, onion and leeks. Cut the meat into pieces and trim excess fat. Peel and cube beets.

2 Tbsp. butter
1 cup carrot, diced
2 tsp. Thyme
3 Tbs. Sherry or balsamic vinegar
1 tsp. Sea salt

2 cups onion, diced
3 cups cabbage, diced
5 red potatoes, diced
1 Tbsp. Spike seasoning
1 vegetable bouillon cube (from h/s)

Sauté onion, carrot, cabbage with butter until onions are translucent; season with thyme and 1 tsp. salt, add 2 cups of the reserved broth. Cook for 10 minutes, then, remove from heat. Place remaining broth in the soup pot, add potatoes, vinegar, Spike seasoning, vegetable bouillon cube and pepper. Cook 10 minutes.

Add vegetables, cook for another 10 minutes, then add meat and beets. Bring to a boil and serve.

NOTE: if you never liked beets, you will love this recipe. It is perfect for the cooler season, very nourishing and satisfying and **HEALTHY!** It is the best BORSCHT I have ever had 😊

It is a real booster for blood deficient (anemic) people or those that need liver strengthening.

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