



Beety Borscht

INGREDIENTS

3 TBS olive oil	1 pound beets, boiled and diced
2 yellow onions, thinly sliced	4 cloves garlic, minced
2 teaspoons cumin	1 teaspoon coriander
2 teaspoon salt	4 cups vegetable stock
juice of 1½ lemons	dill or parsley for garnish

DIRECTIONS

Over medium-high heat, sizzle 3 tablespoons of olive oil in a large saucepan, add onions, and sauté for 5 to 8 minutes until onions start to sweat and lightly brown. Turn off the heat and divide the onions, placing half in a blender and leaving the other half in the pan.

In the blender, combine beets, garlic, cumin, coriander, salt, and vegetable stock with the sautéed onions and blend until everything is well combined and smooth.

Add the blended mixture to the saucepan with the rest of the sautéed onions and stir until well combined. Then heat until the soup comes to a low boil, adding more vegetable stock if it's too thick. Finish with lemon juice, dill, and/or parsley.