



Healthy Borscht

This healthy and hearty soup recipe is courtesy of CanolaInfo.

2 medium onions, chopped
250 mL (1 cup) carrots, diced
250 mL (1 cup) celery, diced
250 mL (1 cup) shredded cabbage
45 mL (3 tbsp) canola oil
250 mL (1 cup) potatoes, peeled and diced
500 mL (2 cups) beets, peeled and diced
1.55 L (6 ½) cups water
15 mL (1 tbsp) lemon juice
2 bay leaves
5 mL (1 tsp) salt
250 mL (1 cup) tomato juice
500 mL (2 cups) vegetable stock
Fresh dill and parsley, to taste

In a large soup pot, sauté onion, carrot, celery and cabbage in canola oil until cooked. Add potatoes and beets and continue to sauté for about 1 minute. Add water, tomato juice, stock, lemon juice, bay leaves and salt. Simmer until potatoes are cooked, about 15 to 20 minutes, adding dill and parsley near the end of the cooking time. Remove from heat. Garnish each bowl with 15 mL (1 tbsp) low-fat or fat-free sour cream, if desired, before serving. Makes 12 cups.