

Recipe – Golden Beet Soup

Ingredients:

- 1 pound grass fed beef, in one piece or chunks *
- 3 cups beef or vegetable broth
- extra virgin olive oil to coat the pot
- 1 large onion, shredded
- 6 – 8 good sized golden beets, scrubbed, cut in half
- 6 large carrots, shredded
- 1 large head cabbage, shredded
- 2 TBS dill seed
- 2 TBS caraway seed
- one large can organic crushed tomatoes, or 6 fresh tomatoes
- juice of 2 limes
- Greek yoghurt for garnish, if dairy is permitted
- Chopped hard boiled egg for garnish

Directions:

In a large soup pot, put enough olive oil to coat the bottom. Brown the beef. Add 3 cups broth of your choice and 3 cups water and simmer while preparing vegetables.

Add onion, beets, carrots, cabbage, seeds, tomatoes and lime juice. You will need to add water to keep the broth above the vegetables.

Simmer a couple hours. Pull out the meat and shred it and return it to the soup.

Pull out the beets, cool enough to handle. Peel if you want to and slice julienne style and return to the soup. **

Serve with Greek yoghurt, if dairy is permitted, and chopped hard boiled eggs.

Serves 8 – 10.

Comment:

We came up with this variation on borscht for families who think they don't like beets. The beet flavor is not strong and the color isn't telltale red.

* For vegetarians we made a pot without the beef and adding two cut up potatoes.

** You could shred the beets ahead and omit the step of cooking and then slicing them, but this will preserve more of their golden color.