

Ukrainian Borscht (vegetarian)

Last year my favorite son went on a mission trip to the Ukraine with his senior class. They all raved over the food but because of the language barrier they were not able to bring home any recipes. I must say I was disappointed, after all, I may want to write an international cookbook someday. And to hear them talk we should all be eating Ukrainian food.

Since I have been hearing so much about the Ukraine in the news lately I got to thinking about the wonderful people who fed my son and his class during their month-long stay in the Ukraine and decided to try making some Ukrainian food.

Apparently they eat a lot of soup in the Ukraine around lunchtime. The favorite is borscht made with beets, potatoes, cabbage and carrots. It is very healthy and so beautiful. It is not often you can eat a food that brightly colored without adding some food coloring! So that is where I decided to start.

Ingredients:

- 8 cups water
- 3 medium beets, peeled and shredded
- 3 carrots, peeled and shredded
- 4 medium baking potatoes, peeled and cubed
- 1/2 medium head cabbage, cored and shredded
- 1 (8 ounce) can diced tomatoes, drained
- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 (6 ounce) can tomato paste
- 3/4 cup water
- 3 cloves garlic, minced
- salt to taste
- 1 teaspoon white sugar, or to taste
- 1/2 cup Tofutti sour cream, for topping
- 1 tablespoon chopped fresh parsley for garnish

1. Add water, beets, carrots and potatoes, and cook until tender, about 15 minutes.
2. Add the cabbage, and the can of diced tomatoes.
3. Heat the oil in a skillet over medium heat. Add the onion, and cook until tender. Stir in the tomato paste and water until well blended.
4. Add onion, tomato mixture, the raw garlic and sugar to the soup, cover and turn off the heat. Let stand for 5 minutes. Taste, and season with salt as needed
5. Ladle into serving bowls, and garnish with Tofutti sour cream and fresh parsley.

Adapted from <http://allrecipes.com/recipe/ukrainian-red-borscht-soup/>