

Organic Russian Borscht

Thom Hackett

Servings: 2



Made with all organic foods. Natural and Organic products are readily available in your supermarket.

Ingredients

1 ½ quarts water
½ pound ground Buffalo meat or organic ground beef
1 (6 oz.) can tomato paste
2 teaspoons Celtic sea salt
¼ teaspoon ground pepper
1 medium fresh beet, peeled & grated
1 cup green cabbage, finely shredded
½ cup shredded carrots
¼ cup minced onion
2 teaspoons dill or caraway seeds
teaspoon minced garlic
1 tablespoon lemon juice

Recipe from Thom Hackett's Recipe File at www.thomcooks.com

Cooking Method

In large saucepan, combine water and meat.

1. Bring to a boiling point and skim foam from top.
2. Stir in tomato paste, salt and black pepper
3. Simmer for 1½ hours.

Add beets, cabbage, carrots, minced onion, dill seed and minced garlic.

1. Simmer, uncovered 45 minutes longer or until vegetables are tender.
2. Stir in lemon juice to taste.

Toast the sourdough bread if having.