

SAMSSites Recipes

Vegetarian Borscht

The Internet

I use to make Borscht a lot when I was a vegetarian. It is a soup often served cold and it's prime ingredient is beets.

- 3 good size beets
- 2 onions
- 2 carrots
- 1/2 cabbage
- oil
- red pepper
- 5 cups of water
- greek yogurt

grate beets, onions and carrots. Saute in your favorite oil. Add the water and grate the cabbage and add as well. Add red pepper. Cook for about 1/2 hour. Serve cold or hot with greek yogurt on the top.

