

## **“Borscht” Vegetable Stew**

Recipe by Audrey Sun, Public Health-Global Health: Nutritional Sciences Major, UW Farm Fall Nutrition Education intern.



Photo from [Feasting at Home](#)

This week's featured ingredient is beets. People are often scared of the lumpy bright purple root vegetable but once you liken it to carrots it becomes much easier to use. Both will be utilized to create a hearty Borscht inspired stew for this week's recipe.

Borscht is a Slavic word used to describe all sorts of sour-tasting soups, but its most famous variant features beets. Historically, it would be made from a stock of sauteed vegetables, meat, and beet sour. My version includes many seasonal vegetables and inexpensive pantry staples to bulk it up. Again, if you don't have some of these ingredients, don't sweat! You can either replace them with things you do have or leave them out! Also if your beet roots have leaves on top, don't throw them out and instead use them like any other leafy green in soups, chopped for salads, or blitzed up in smoothies. Saute them with some olive oil and garlic and they taste almost exactly like swiss chard, a close garden cousin.

### **Ingredients:**

- 3 medium beets, peeled and diced
- 4 medium carrots, chopped
- 2 medium onions, chopped
- 3 cloves garlic, minced
- 1 can of chopped tomatoes (alternatively you can chop a couple of fresh tomatoes or even use a can of tomato paste)
- 32 oz of beef broth or 4 bouillon cubes
- 1 can of any bean (alternatively soak about a cup of dry beans for a few hours)
- Vegetable oil
- 3 tablespoons vinegar (white or apple works well)
- Salt and pepper to taste
- Optional herbs (if you have): 1 bay leaf, a teaspoon of thyme, red pepper flakes

### **Instructions:**

1. Chop the beets, carrots, and onions into small pieces that will fit on your spoon.

2. Heat 2 tablespoons of oil in a pot on high and add onions. Once they brown on the edges add carrots, beets, a teaspoon of salt, and a few shakes of red pepper flakes (optional). Cook until softened.
3. Add your garlic, tomato, and bouillon cubes if using. Pour in beef broth or water, and add drained beans.
4. Finally, add in your herbs (optional), vinegar, and salt and pepper as needed. Boil on high for about 10 minutes before reducing it to medium-low and simmer for another half hour. If you have any bread I recommend you toast up a slice and eat it with your soup.

### **Nutrition Corner: Beets**

Beets are a low-calorie vegetable packed with vitamins and minerals that are good for your gastrointestinal tract and your heart! It's a great source of dietary fiber that can help regulate blood sugar and cholesterol. Thanks to its bright red pigmentation (called betanin), it is rich in antioxidants that can be anti-inflammatory, protecting you against heart disease and cancer.

One cup (136g) of raw chopped beets provides:

- Calories: 58
- Total Fat: 0.2g
- Sodium: 106mg
- Total Carbohydrate: 13g
- Dietary Fiber: 3.8g
- Sugar: 9.2g
- Protein: 2.2g
- Calcium: 21.76mg
- Iron: 1.09mg
- Potassium: 442mg

Source: [Good Housekeeping](#)