

# Borscht

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*2 pounds beef (with a soup bone)  
3 quarts water  
1/2 head cabbage (or one small head), chopped  
1 quart tomatoes  
1 carrot  
1 sprig parsley  
1 bay leaf  
1 large onion, chopped  
salt (to taste)  
pepper (to taste)  
dill (to taste)  
cream (optional)*

In a saucepan, boil the soupbone in the water for one hour.

Add the cabbage, onions, dill, parsley, bay leaf, salt and pepper. Cook for one additional hour. During the last 30 minutes, add the tomatoes.

The potatoes may be cooked separately and added to the soup just before serving.

Cream may be added as it adds to the soup flavor.

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Per Serving (excluding unknown items): 246 Calories; 3g Fat (9.9% calories from fat); 10g Protein; 54g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 212mg Sodium. Exchanges: 10 1/2 Vegetable.