

# Sauerkraut Borscht

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

*2 quarts water  
2 slices bacon, cut fine  
1 tin sauerkraut  
4 medium onions  
1 small piece whole ginger  
3 medium ripe tomatoes (or  
one tin tomato juice)  
1 bay leaf  
4 leaves green parsley,  
chopped  
dill, chopped  
1/2 cup sugar*

In a souppot, bring to a boil the water and the bacon. Boil until the bacon is almost done.

Add the onions, ginger, bay leaf and sauerkraut. Boil for a little longer.

Just before removing from the heat, add the parsley, dill, sugar and tomatoes. Boil for a few minutes longer.

Serve.

---

Per Serving (excluding unknown items): 672 Calories; 7g Fat (9.3% calories from fat); 11g Protein; 148g Carbohydrate; 14g Dietary Fiber; 11mg Cholesterol; 1833mg Sodium. Exchanges: 1/2 Lean Meat; 8 1/2 Vegetable; 1 Fat; 6 1/2 Other Carbohydrates.