



Rachel

Polish Red Beet Soup (Barszcz Czerwony)

INGREDIENTS

4 whole beets (or 2 cups sliced canned or jarred beets)

4 cups stock (chicken, beef, or vegetable)

1 clove garlic, minced

1 teaspoon sugar

2 tablespoons fresh lemon juice (or 1 tablespoon red wine vinegar)

Black pepper, to taste

Salt, to taste

Meat-filled dumplings, optional

Chopped fresh dill, optional

POLISH RED BEET SOUP (BARSZCZ CZERWONY)

DIRECTIONS

1. Gather the ingredients.
2. If using fresh beets, heat the oven to 400 F. Wrap beets in aluminum foil and roast until tender, about 30 to 45 minutes.
3. When cool enough to handle, peel, and slice into strips or julienne.
4. In a medium pot, bring meat or vegetable stock to a boil. Add sliced beets, garlic, sugar, lemon juice, and pepper and salt. Simmer 10 minutes.
5. Serve hot with optional meat-filled dumplings and garnish with chopped dill.