

# Hearty Borsch Soup



This is a fall favourite in our home. We use as much garden fresh veggies as we have available as that's where all the flavor comes from. I hope you love this comforting soup as much as we do. And feel free to adjust quantities of whatever you have on hand for veggies. I usually don't measure when making a soup like this... just throwing stuff into the pot until whatever pot I'm using is full ☐ You can use this as a guideline.

## Ingredients:

- 1/4 cup coconut oil
- 1/2 cup organic, grass-fed butter
- 1 large onion
- 4-6 carrots, coarsely chopped
- 3 turnups, coarsely chopped
- 1 small bunch of celery (with leaves)
- 1 small head of cabbage, coarsely chopped
- 1/2 cup fresh dill, finely chopped
- 1/4 cup fresh parsley, finely chopped
- 2 cups shredded beets
- Sea salt & Pepper to taste
- Optional\* Cashew Sour Cream & Vinegar to Serve

## Directions:

Heat coconut oil in large soup pot over medium heat. Add in chopped onions. Allow to cook for about 5-7 minutes. Then add in the chopped celery and their leaves along with the butter. Fry until fragrant (about 10 minutes). Add in the carrots,

turnips, shredded beets and enough hot water to cover the vegetables. Bring to a hearty simmer. Place the lid on the pot and allow to simmer until carrots are almost done.

Once carrots are almost done, add in the remainder of the ingredients. Add more hot water to your desired level. Bring back to a good simmer and allow to cook until all the veggies are done.

Once veggies are tender, allow to cool slightly and serve immediately. Can be eaten like this, or topped with my favourite – cashew sour cream and sometimes a splash of vinegar.