

# Borscht Soup

*Quick  
and  
Tasty!*



BY ANDREW M. MALEC

I love soup. And the thought of having a nice bowl of hot soup, especially at this time of year, is comforting. I also take great satisfaction in preparing dishes with the food and ingredients that I have in my pantry, refrigerator, and freezer (kind of my own food challenge). Once I looked at my food inventory and saw that I had pickled beets, onions, sauerkraut and beef stock, I decided to make borscht.

When I was young, I remember helping my grandmother make soup. She would prepare and cook the soup all morning. As I grew older, I streamlined the process and can make a great satisfying soup in a fraction of the time - sorry Grandma!

I love the sweet and sour flavor profile of this soup and the texture of the beets. I added pomegranate syrup to lend a note of fruit flavor and to deepen the soup's beautiful red color. Bay leaves and dill weed were also added to provide a savory note and freshness to the soup. Garnish the soup with some fresh cracked pepper, a dollop of sour cream, and a few sprinkles of dill weed and you are ready to enjoy.

This is a very quick, tasty, and comforting soup to prepare. If you are so inclined, please give this dish a try. Enjoy!

## INGREDIENTS

*2 qt. of beef stock  
16 oz. of pickled beets, shredded  
16 oz. of sauerkraut  
2 bay leaves  
2 tbsp. dill weed  
½ medium onion, diced  
1 tbsp. pomegranate syrup  
2 tbsp. light brown sugar  
Salt and pepper to taste  
Garnish with a dollop of sour cream  
and dill*

## INSTRUCTIONS

### Soup:

- ◆ Heat two tablespoon of avocado oil in a large pot.
- ◆ Add the diced onion and bay leaves and sauté until the onions are translucent (about three minutes).
- ◆ Add the beets, sauerkraut, pomegranate syrup, brown sugar, dill weed, and beef stock and bring to a boil.

- ◆ Once the soup is boiling, reduce to a medium simmer and cook for 20 minutes.
- ◆ Taste and readjust seasonings, as necessary.
- ◆ If additional tartness is desired, add some vinegar to the soup
- ◆ Salt and pepper to taste.
- ◆ Garnish with a dollop of sour cream and a few sprinkles of dill weed.

### Notes:

- ◆ The ingredient measurements are for guidance purposes only. I rarely measure when I cook.
- ◆ Diced carrots and potatoes can also be added and sautéed along with the onion.
- ◆ Cabbage can be substituted for sauerkraut. I used sauerkraut because that is what I had in my pantry.
- ◆ Butter beans provide a great addition to the soup.



**ANDREW M. MALEC, PH.D.,**  
Partner and Managing Director at O'Keefe, is the firm's Chief Economist and head of the firm's Intellectual Property Practice Group.



PHOTO BY ANDREW MALEC