

## Cabbage Borscht

2 peeled and thinly sliced **potatoes**

2 peeled and thinly sliced **beets**

4 cups **stock/water**

2 Tbsp butter/oil

1 ½ cups chopped **onion**

1 tsp **caraway seed**

2 tsp salt

1 stalk **celery**

1 large sliced **carrot**

3 cups chopped/grated red **cabbage**

½ tsp black **pepper**

¼ tsp dill weed

1 Tbsp cider vinegar

1 Tbsp honey/brown sugar

1 cup tomato purée

Options:

1 Tbsp raisins

3 Italian sausages

Serve with:

sour cream

dill weed

chopped tomato

1 loaf dark rye bread

SIMMER potatoes, beets and stock in saucepan 20 minutes.

COOK onions and butter in a large kettle 5 minutes.

ADD caraway and salt (and sausages); cook 8 minutes.

ADD celery, carrots, cabbage and liquid from beets; cover and cook 10 minutes.

ADD potatoes, beets, pepper, dill weed, vinegar, honey and tomato purée (and raisins.)

COVER and SIMMER 20 minutes.

Serve with toppings and bread.

For Slow-Cooker:

1 lbs. stewing beef dredged in flour is a nice substitute for the Italian sausage, but only in the slow-cooker.

SAUTÉ onions (and sausage or beef) 8-10 minutes. (Drain sausage fat.)

ADD all ingredients to cooker.

COOK on high 4-6 hours or low 6-8 hours. STIR once midway through cooking.

Notes:

Serves 6? Can be refrigerated for 3 days or frozen 1 month.

Slicing the vegetables creates a stew-like consistency. Processing the onion, celery, carrot and cabbage is quicker and makes it soup-like (don't process the potatoes and beets.)