

Cabbage Borscht

2 peeled and thinly sliced potatoes	15 ml cider vinegar
2 peeled and thinly sliced beets	15 ml honey/brown sugar
1 L stock/water	250 ml tomato purée
30 ml butter/oil	<u>Options:</u>
375 ml chopped onion	15 ml raisins
5 ml caraway seed	3 sliced Italian sausages
10 ml salt	<u>Serve with:</u>
1 stalk celery	sour cream
1 large sliced carrot	dill weed
750 ml chopped/grated red cabbage	chopped tomato
3 ml black pepper	1 loaf dark rye bread
1 ml dill weed	

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:

450 g 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.)