

Winter Borscht

By Gail Simmons, Serves 6-8

Ingredients

- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 medium yellow onion, thinly sliced
- Kosher salt
- 4 garlic cloves, thinly sliced
- 2 tablespoons tomato paste
- 2 dried bay leaves
- 1 teaspoon paprika
- 1 teaspoon caraway seeds
- 2 medium beets, scrubbed (not peeled) and trimmed, then shredded using a food processor or quartered and thinly sliced crosswise
- 1 large carrot (not peeled), thinly sliced into rounds
- 1 quart low-sodium vegetable broth or water
- 1/2 small red cabbage, cored and shredded (about 4 cups)
- 1 Granny Smith apple, peeled, cored, and cut into ¼-inch cubes
- 1 medium, sweet potato (not peeled), cut into ¼- inch cubed
- 1/4 cup apple cider vinegar
- Coarsely ground black pepper
- Chopped fresh dill for serving, optional
- Sour cream for serving, optional

Directions

1. In a 6- to 8-quart Dutch oven or wide, heavy saucepan with lid, heat the oil over medium-high heat.
2. Add the onion and 1 teaspoon salt and reduce the heat to medium. Cook, stirring occasionally, until the onions begin to soften, about 5 minutes. Add the garlic and cook 2 minutes more.
3. Stir in the tomato paste, bay leaves, paprika, and caraway seeds to coat, then stir in the beets, celery root, and carrot.
4. Add the broth/water plus 4 more cups water, bring to a boil, then reduce to a simmer and cook for 15 minutes.
5. Stir in the cabbage, apple, and sweet potato, return to a simmer, and continue cooking until the cabbage, apple, and sweet potato are just tender, about 5 minutes more.
6. Stir in the vinegar and cook just to blend the flavors, 3 minutes.
7. Remove and discard the bay leaves. Adjust the seasoning to taste. Serve hot, topped with pepper, and add sour cream and dill if desired

Nutrition Quick-Fact

Cabbage contains vitamin C, which is good for fighting colds and healing cuts.

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