

WHOLE BEET BORSCHT

[From *The New Laurel's Kitchen*]

1 onion
1 clove garlic, minced
2 teaspoons oil
2 tablespoons flour
5 cups soup stock or water
3 large or 6 small beets with greens
1 potato
1 carrot
1 small celeriac
½ small cabbage
1 bay leaf
1½ teaspoon salt
¼ teaspoon pepper
1 teaspoon honey
2 tablespoons tomato paste or 2 chopped fresh tomatoes or 1 point canned tomatoes, chopped
Sour cream or yogurt

Chop onion and mince garlic. Heat oil; add onion and garlic and sauté until translucent and browning. Stir in flour and cook gently 1 minute. Slowly stir in stock or water and bring to a boil. Grate beets (reserve greens), potato, carrot and celeriac; add to pot a simmer 10 minutes. Slice cabbage and chop beet leaves; add to pot with bay leaf, salt, pepper, honey, and tomato. Simmer until all vegetables are tender. Remove bay leaf. Serve hot or cold with sour cream or yogurt dolloped on top.

Makes 10 cups.