



## Roasted Beet Borscht

### Ingredients:

- 6 medium beets
- 2 medium onions, chopped
- 3 cups green cabbage, shredded
- 1 can (15.5 oz.) diced tomatoes
- 4 cups vegetable broth
- 1 bay leaf
- 1 Tbsp. lemon juice
- 1 Tbsp. fresh dill, chopped

### Directions:

1. Preheat oven to 425°F. Wrap the beets in aluminum foil and roast for about 2 hours. Remove from the oven, unwrap, and when cool, peel and dice the beets into small cubes.
2. In a heavy stockpot, combine the beets, onions, cabbage, bay leaf, tomatoes and broth.
3. Bring to a boil over medium heat and then simmer for about an hour.
4. Remove bay leaf, add lemon juice and dill.
5. Serve with a dollop of low fat sour cream if desired.

*Yields about 8 servings.*

**Source:** Recipe from Broome County CCE

<b>Nutrition Facts</b>	
Serving Size 1/8 recipe (293g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 440mg	<b>18%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 9g	
<b>Protein</b> 2g	
Vitamin A 6%	• Vitamin C 40%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
<b>0% calories from fat</b>	

*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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