EASTERN EUROPEAN · LUNCH · DINNER

Classic Ukrainian Borscht with White Beans

70 min · Serves 10 · 206 kcal a serve · Video 6:10 · Natashas Kitchen

Gluten-free ingredients · No nuts listed

A big pot of beetroot, potato, carrot and beans at roughly 200 kcal a bowl: about 5 g of fibre per serve, plant protein from the cannellini beans, and olive oil as the cooking fat rather than lard.

Diet notes: DASH-friendly if you leave out the dollop of sour cream; No dairy if you leave out the dollop of sour cream.

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Ingredients 18 · SERVES 10

- [ ] 3 medium **beets**, peeled and grated
- [ ] 4 Tbsp **olive oil**, divided
- [ ] 4 cups **reduced-sodium chicken broth**
- [ ] 6 cups **water**
- [ ] 3 medium **Yukon Gold potatoes**, peeled and cut into bite-sized pieces
- [ ] 2 **carrots**, peeled and thinly sliced
- [ ] 2 **celery ribs**, finely chopped
- [ ] 1 small **red bell pepper**, finely chopped (optional)
- [ ] 1 medium **onion**, finely chopped
- [ ] 4 Tbsp **ketchup** (or 3 Tbsp tomato sauce)
- [ ] 1 can **cannellini beans**, with their liquid
- [ ] 2 **bay leaves**
- [ ] 2–3 Tbsp **white vinegar**, to taste
- [ ] 1 large **garlic** clove, pressed
- [ ] 3 Tbsp chopped **fresh dill**, plus extra to serve
- [ ] 1 tsp **sea salt**, or to taste
- [ ] ¼ tsp **freshly ground black pepper**
- [ ] a **dollop of sour cream** per bowl, to serve (optional)

Allergens found in the listed ingredients: Milk, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel and cut the potatoes into bite-sized pieces and keep them in cold water. Finely chop the celery, onion and red pepper, slice the carrots, and peel and grate the beets. 0:17
2. Heat 2 Tbsp oil in a large pot over medium-high heat and sauté the grated beets for about 10 minutes, stirring now and then, until softened. 1:42
3. Add the broth and water, the drained potatoes and the carrots. Bring to a low boil and cook 10–15 minutes until the potatoes are just tender. 1:55
4. Meanwhile, heat the remaining 2 Tbsp oil in a frying pan and cook the onion, celery and pepper for 7–8 minutes until soft and lightly golden. Stir in the ketchup for 30 seconds, then tip it all into the soup. 2:15
5. Add the beans with their liquid, the bay leaves, vinegar, salt, pepper, pressed garlic and dill. Simmer 2–3 minutes, then adjust salt and vinegar to taste. 2:42
6. Serve hot with a spoonful of sour cream and more fresh dill. 3:38

> **Tip** Makes about 10 bowls. Use vegetable broth to make it vegetarian, and skip the sour cream (or use thick plain yoghurt) for a lighter or vegan bowl. Tastes even better the next day; keeps 4–5 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
206 kcal 860 kJ	5.9 g 12% of a day	28 g 22 g net · 7.2 g sugars 10% of a day

FIBRE	FAT	SODIUM
5.2 g 19% of a day	8.8 g 2.3 g saturated 11% of a day	600 mg 26% of a day

Energy from net carbs 46% · protein 12% · fat 42%

High in (20%+ of a day) Vitamin C 27% · Folate 25%

Source of (10–19%) Vitamin A 19% · Vitamin B6 18% · Potassium 17% · Iron 13% · Magnesium 13% · Vitamin E 11%

Recipe and video: Natashas Kitchen (@Natashaskitchen) on YouTube — youtube.com/watch?v=6CXgPVw_-0g, published 13 October 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ukrainian-borscht-with-beans