

Borscht - from Phyllis K.



Cover with water and simmer for 20 minutes:

1 cup carrots

1 cup onions

2 cups beets

Add and simmer for 15 minutes more:

2 cups beef or other stock

1 cup very finely shredded cabbage

1 Tablespoon vinegar

Season with additional salt and pepper. Serve with a Tablespoon of cultured sour cream to garnish.