



# Barszcz Czysty Czerwony

(Polish Beet Borscht Soup)

**Prep Time:** 30 minutes

**Cook Time:** 30 minutes

**Total Time:** 60 minutes

**Yield:** 4 servings Easy Beet Barszcz

This easy clear red beet soup recipe gets the desired hint of sourness from lemon juice or vinegar and is great eaten hot with boiled potatoes or cold with rye bread. This soup is often served with mushroom uszka ("little ear" dumplings) for Polish Christmas Eve dinner known as wigilia, when it is known as barszcz wigilijny.

## INGREDIENTS

- 4 beets washed, or 2 cups sliced canned or jarred beets
- 4 cups meat or vegetable stock
- 1 clove garlic, minced
- 1 teaspoon sugar
- 2 Tablespoons lemon juice or red-wine vinegar
- Salt and Black Pepper
- Chopped fresh dill and sour cream for garnish

## PREPARATION

1. If using fresh beets, heat oven to 400 degrees. Wrap 4 beets in aluminum foil and roast until tender, about 30 to 45 minutes. When cool enough to handle, peel and slice into strips or julienne.
2. In a medium pot, bring 4 cups meat or vegetable stock to boil, add cooked and sliced beets or 2 cups sliced canned or jarred beets, 1 minced clove garlic, 1 teaspoon sugar, 2 tablespoons fresh lemon juice or 1 tablespoon red-wine vinegar, and salt and pepper to taste. Simmer 10 minutes.
3. Serve hot with boiled potatoes and chopped dill for garnish, or garnish with dill and a dollop of sour cream.