

## Beet & Cabbage Borscht with Sour Cream (Serves 4)



This is one of the **easiest and healthiest** borscht recipes I've found, adapted from *Everyday Cooking* by **Dr. Dean Ornish** (*Harper Collins, 1996*). Ornish's work remains **controversial**, with some critics arguing he adapted Nathan Pritikin's health program for his book, *Dr. Dean Ornish's Program for Reversing Heart Disease* (*Random House, 1990*).

### Ingredients:

- **2 cups** thinly sliced green cabbage
- **½ cup** diced leeks (white part only)
- **½ cup** diced onions
- **½ cup** diced carrots
- **½ cup** diced celery
- **2 cups** vegetable broth (homemade or store-bought)
- **2 (15 oz) cans** julienne beets (or **3 cups** fresh cooked beets, cut into matchsticks)
- **2 tbsp** tomato paste
- **¼ tsp** caraway seeds
- **2 tsp** red wine vinegar
- **Salt & pepper** (omit salt if using store-bought broth)
- **¼ cup** nonfat sour cream
- **1½ tsp** minced fresh chives or dill

### Instructions:

1. In a **large stockpot**, combine **cabbage, leeks, onions, carrots, and celery** with **¼ cup**

**vegetable broth.** Simmer until soft (**about 5 minutes**).

2. Add **beets with liquid, remaining vegetable broth, tomato paste, and caraway seeds.** Cover and simmer for **10 minutes**.

3. Stir in **vinegar** and season to taste with **salt and pepper**.

4. Remove from heat and whisk in **sour cream and fresh chives**.

5. Serve warm in bowls and enjoy!

### **Nutritional Information (per serving):**

- **Calories:** 79
- **Fat:** 3.9g
- **Saturated Fat:** 0g
- **Cholesterol:** 6mg
- **Sodium:** 454mg
- **Carbohydrates:** 7.7g
- **Fiber:** 1.9g
- **Sugars:** 3.6g
- **Protein:** 4.0g

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