



## Borscht

From Food Network Kitchens

### Recipe Summary

**Difficulty:** Medium

**Prep Time:** 30 minutes

**Cook Time:** 1 hour 10 minutes

**Yield:** 4 servings (about 1 1/2 cups)

**User Rating:** No Rating

1 bunch red beets, about 1 pound, tops trimmed, and scrubbed  
1 small red onion, peeled and cut into eighths (about 4 ounces)  
2 medium carrots, halved crosswise (about 5 ounces)  
1 rib celery, halved crosswise  
1 clove garlic, smashed and peeled  
1 tablespoon olive oil  
2 teaspoons kosher salt  
1 sprig rosemary  
3 cups chicken broth, homemade or low-sodium canned  
Freshly ground black pepper  
1/2 cup light buttermilk  
2 dashes Worcestershire sauce (less than 1/4 teaspoon)  
1 1/2 tablespoons chopped fresh dill  
Preheat oven to 450 degrees F.

Put the vegetables and garlic on a large piece of heavy duty aluminum foil (or a doubled piece of regular), drizzle with olive oil, season with 1/2 teaspoon salt add the rosemary. Seal the foil to make a tight package. Put the package in a roasting pan. Roast until the beets can be pierced easily with a knife, about 1 to 1 1/2 hours. When the beets are cool enough to handle, peel them—the skins should slide right off with a bit of pressure from your fingers. If they don't, use a paring knife to scrape off any bits that stick.

Put 1/2 of the vegetables in a food processor with 1/2 of the broth and puree. Transfer the puree to a saucepan. Repeat with the remaining vegetables and broth. Stir in remaining 1 1/2 teaspoons salt and season with pepper, and simmer over medium heat until the flavors come together, about 10 minutes. Remove from the heat and stir in the buttermilk and Worcestershire.

Ladle Borscht into bowls and garnish with dill.

Cook's note: This soup is also delicious served chilled.

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### Nutrition Information

**Nutritional Analysis** per serving

**Fat** 5 grams

**Carbohydrates** 19 grams

**Protein** 6 grams

**Calories** 128

**Saturated Fat** 1 gram

**Fiber** 5 grams

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