

# Borscht

13 ingredients · 1 hour · 6 servings



## Directions

1. In a large pot, add the vegetable broth, olive oil, pork ribs, onion and garlic. Turn to medium heat and let the broth simmer for 30 minutes or until the ribs are cooked through.
2. Once the pork ribs are cooked, add the carrots, celery, beets, potatoes, tomato paste, diced tomatoes and sea salt. Cook on medium heat for another 20 to 25 minutes, stirring every so often.
3. When all of the vegetables are soft, remove the pork ribs from the pot and cut the meat off the ribs. Add the meat back to the soup and stir to combine. Divide the soup into bowls and top with fresh dill. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

### Serving Size

One serving is equal to 1 1/2 cups of soup.

### More Flavor

Add pepper or red chilli flakes.

### Additional Toppings

Add plain coconut yogurt or sour cream.

### Make it Vegan

Use cooked lentils instead of the ribs and add at the same time as the vegetables.

## Ingredients

- 6 cups** Vegetable Broth
- 1 tbsp** Extra Virgin Olive Oil
- 1 lb** Pork Ribs
- 1** White Onion (diced)
- 2** Garlic (minced)
- 2** Carrot (peeled, chopped)
- 2 stalks** Celery (chopped)
- 4** Beet (medium, peeled, chopped)
- 2** Yellow Potato (chopped)
- 2 tbsps** Tomato Paste
- 2 cups** Diced Tomatoes
- 1 tsp** Sea Salt
- 2 tbsps** Fresh Dill (chopped)