

BORSCHT

Serves 6 - 8

Ingredients:

10 cups canned beef broth
1 1-pound meaty cross-cut bone-in beef shank slice
1 large onion, quartered
4 large beets, peeled, chopped
4 medium carrots, peeled, chopped
1 large russet potato, peeled, cut into 1/2-inch pieces
2 CUPS thinly sliced savoy cabbage
3/4 CUP chopped fresh dill
3 TBSP red wine vinegar
1 CUP plain nonfat yogurt



Put your beef shank bones to work to make an unctuous beef broth for the base of hearty borscht. Recipe adapted from Bon Appetit magazine.

Instructions:

1. Bring 6 cups broth, beef shank, and quartered onion to boil in large pot. Reduce heat, cover, and simmer until meat is tender, about 1 hour 30 minutes.
2. Remove the meat from the pot and transfer to a cutting board. Separate the fat and sinew from the meat. Finely chop the meat and return to the pot.
3. Add remaining 4 cups canned broth, beets, carrots, and potato; bring to boil. Reduce heat, cover, and simmer until vegetables are tender, about 30 minutes. Stir in cabbage and 1/2 cup dill; cook until tender, about another 30 minutes. Season with salt and pepper. Stir in vinegar. Ladle soup into bowls. Top with yogurt and remaining 1/4 cup dill to garnish.

