

## EASY BORSCHT (BEET SOUP)

**Prep Time:** 10 minutes

**Cook Time:** 15-20 minutes

**Included in Box:**

- 1 (15-oz) can low sodium canned potatoes, drained, rinsed, chopped
- 1 (15-oz) can no salt carrots, drained and rinsed
- 2 (15-oz) cans no salt beets, chopped, with juice

**Additional Ingredients Needed:**

- 1 small onion (~½ c.), diced OR 1 T onion powder
- 4 cups low sodium vegetable or chicken broth
- 3 T chopped fresh dill OR 1 T dried dill

**Directions:**

1. If using fresh onion, saute in 2 T oil for 3-4 minutes or until it begins to soften.
2. Add all ingredients to a large pot and bring to a boil.
3. Reduce heat and simmer for 15 minutes.

**Tip:** Serve with a dollop of plain greek yogurt or sour cream!



**Nutrition Facts\***

**Total Servings:** 6  
**Serving Size:** 1 ½ cups  
**Calories:** 162  
**Fat:** 5 g  
**Sodium:** 187 mg  
**Carbohydrates:** 24 mg  
**Fiber:** 7 g  
**Protein:** 12 g  
**Carbohydrate Servings:** 1 ½

*\*Nutrient facts include oil, low sodium canned potatoes, no salt canned carrots, no salt canned beets, white onion, low sodium chicken broth, and plain full fat greek yogurt.*