



INGREDIENTS

- 1 Tablespoon Olive Oil
- 1 Cup Onion (diced)
- 1 Cup Carrots (coarsely grated)
- 4 Teaspoons Garlic (minced)
- 1 Pound Beets (peeled and cut into ½-inch chunks)
- ¾ Pound Potatoes (peeled and cut in ½-inch chunks)
- 1½ Cups Cabbage (sliced into thin shreds)
- 7 Cups Beef, Chicken or Vegetable Broth
- 1 Tablespoon Tomato Paste (optional)
- 1 Tablespoon Lemon Juice or White Vinegar
- 1 Teaspoon Sea Salt (to taste)
- ¼ Teaspoon Pepper (to taste)
- Sour Cream (optional)
- Fresh Dill (optional)

DIRECTIONS

1. Heat the olive oil in a Dutch oven or pot over medium heat. Add the onions and carrots. Saute for 5-8 minutes, until the onions are translucent and starting to brown.
2. Add the garlic. Saute for about 1 minute, until fragrant.
3. Add the beets, potatoes, cabbage, broth and tomato paste (if using). Stir to combine.
4. Bring the soup to a boil. Reduce heat and simmer for about 10 minutes, until the potatoes are tender.
5. Stir in the lemon juice. Season with salt and pepper to taste.
6. Serve with sour cream and fresh dill, if desired.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

9 Cups

PORTION SIZES

Toddler: ¼ Cup

Preschool: ½ Cup

School Age: ¾ Cup

Adult: ¾ Cup