

Brothy and brimming with beets, parsnips, turnip, celery root, and slices of kielbasa, this earthy beet soup gets a finishing touch of sour cream and fresh dill. Serve it in big bowls with plenty of crusty bread for an appetizing cold-weather dinner

1	2 tbsp	cooking oil	In a large saucepan, heat the oil over moderately low heat. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Add the parsnips, celery root, turnip, and 1 teaspoon of the salt. Cover and cook until the vegetables start to soften, about 5 minutes.
	1	onion, chopped	
	3/4		
1 lb		celery root	
	1	turnip, peeled and cut to 1/2 inch chunks	
	1 3/4 tsp	salt	
2	2 cups	drained diced canned beets (one 15 ounce can)	Add the beets, tomatoes, broth, water, the remaining 3/4 teaspoon salt, and the pepper. Bring to a boil. Add the kielbasa. Reduce the heat and simmer, uncovered, until the vegetables are tender, about 15 minutes. Stir in the 1/3 cup dill. Serve topped with the sour cream and the remaining 3 tablespoons dill.
	1 1/2 cups	drained diced tomatoes (one 15 ounce can)	
	3 1/2 cups	beef stock	
	3 cups	water	
	1/4 tsp	ground black pepper	
	1/2 lb	kielbasa, halved lengthwise and sliced crosswise	
3	8 tbsp	fresh dill, chopped	Serve topped with the sour cream and the remaining 3 tablespoons dill.
	1/4 cup	sour cream	

Nutrition Facts

Serving Size: 1

Servings per Recipe: 4

Amount per Serving

Calories (kcal) **537.0**

Fat (g) **34.88**

Saturated Fat (g) 9.8

Trans Fat (g) 0.0

Polyunsaturated Fat (g) 1.0

Monounsaturated Fat (g) 5.0

Cholesterol (mg) **53.88**

Sodium (mg) **1706.41**

Carbohydrates (g) **35.78**

Sugar (g) 16.91

Fiber (g) 7.09

Protein (g) **16.48**

Calcium 90.3 mg **Iron** 1.99 mg

Phosphorus 0.0 mg **Potassium** 748.31 mg

Riboflavin 0.0 mg **Vitamin A** 0.0 IU

Vitamin C 0.0 mg **Vitamin D** 0.0 IU

Vitamin E 0.0 IU **Zinc** 0.0 mg

Re-produced from *Chunky Borscht*¹

¹Food & Wine. *Chunky Borscht*. Oct. 2019. URL: <https://www.foodandwine.com/recipes/chunky-borscht>.