

## **Borscht**

Sauté:

4 cups beets

4 cups potatoes

1/4 cup oil

Add to:

8 cups water

2 cups chopped onion

6 bay leaves

1 tsp dill

3 Tbsp honey

2 cloves garlic

4 Tbsp lemon juice

½ tsp cayenne pepper

2 carrots, peeled & sliced

1 Tbsp celtic gray salt

2 Tbsp vegetable broth powder

Simmer until cooked. Add fresh chopped parsley before serving. Freezes well.