

QUICK AND EASY BORSCHT

1 lb. ground beef, turkey, or chicken, browned and seasoned (and drained, if necessary)
2 quarts plus 2 cups (10 cups) water
1/2 large head of cabbage, chopped
1 cup chopped carrots
1 small to medium onion (or 1/2 large), chopped
1 red pepper, pureed (or 1/ 6-oz. can tomato paste)
2 cups fresh or frozen cut green beans
2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon dried dill weed
2 large beets, peeled and sliced, or 2/ 15-oz. cans sliced beets, with juice
Sour cream (optional)

1. Bring all ingredients to a boil, except the beets, if using canned beets.
2. Reduce heat and simmer for about 45 minutes, until vegetables are tender.
3. Reduce heat to low. Add the beets and juice to heat through, just before serving, if using canned beets.
4. When serving, may garnish with sour cream or serve sour cream on the side for those who like to add it.

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