

# German Beet Borscht



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**A celebration of fall root vegetables,  
cooked in a rich beef stock.  
A meal in itself.**

### Ingredient

beef soup bones or short ribs  
1 gallon water  
1 tablespoon pickling spice  
trim from the following vegetables  
8 to 10 garlic cloves

1 large potato  
1 onion  
1/2 cup rice [an unusual variation; optional]

2 carrots, diced  
2 beets, peeled and shredded  
1 turnip  
1 parsnip  
2 carrots  
2 cups celery  
1 / 2 cabbage, shredded  
2 tablespoons caraway seed

1 pound (16 ounces can) tomatoes or 1 small  
can of tomato paste

sour cream  
allspice or cinnamon  
fresh dill

### Instructions:



I brown the soup bones with vegetable trimmings, garlic cloves and the pickling spice.



Simmer the bones and vegetable trim in about 1 gallon of water.



Simmer 3 to 4 hours then strain into a large bowl, soup pot or glass container. Separate the beef, and toss the vegetable trim.



When the beef cools separate from the bones and take any peeling left on the garlic.



Chop the beef and garlic up. Put the broth in a soup pot and add the meat and garlic.



Add the potatoes, onions and rice and



Bring pot to a simmer and cook for 1 hour.



You can either shred the vegetables or chop. I love the texture of the shredded vegetables.



I like using a mandoline but you can use just an old fashioned hand grater as well.



Add the vegetables to the soup and cook for 30 to 40 minutes till tender.



Meanwhile chop the cabbage into shreds by cutting only in one direction.



Add the cabbage and cook for 15 more minutes till tender.



The soup is looking very nice now. Good color. Add the tomatoes or tomato paste.