

# Beans, Rice And Everything Nice

## Borscht



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)



### Ingredients

*makes 6–8 servings*

1 small yellow onion, diced  
2 cloves garlic, minced  
1 teaspoon dill seed  
1/2 teaspoon salt (optional)  
2 cups cooked or 1 can white beans, drained and rinsed  
1 large carrot, peeled and shredded  
3 medium beets, peeled and shredded  
3-4 cups shredded green cabbage, about a 1/4 of a small head  
1 large Yukon Gold potato, diced  
2 Roma tomatoes, cored and diced  
8 cups water or stock, or half water half stock  
1/3 cup packed fresh dill weed, tender stems and leaves

1. Heat a large soup pot over medium heat and dry saute the onions until cooked. Add the minced garlic and the dill seed and saute briefly, about 30 seconds.
2. Add the rest of the ingredients except for the fresh dill. Bring to a boil over medium-high heat. Reduce heat to medium and simmer for 15 minutes—until the potatoes are cooked.
3. Blend about half of the soup in a blender and return it to the pot. Reserve a tablespoon or two of the fresh dill for garnish and add the rest to the pot. Stir to combine.
4. Serve the soup with a generous spoonful of avocado cream or your favourite non-dairy yogurt and garnish with some fresh dill.