

Awaken Savor, Inc.

Czerwony Barszcz – Red Beet Soup

This is a family recipe with many layers of flavor and texture—a surprise with every bite!

Serves 8-10.

Prep time: 45m; cooking time: 60m

Ingredients

4 cups beets, peeled and grated
2 cups beets, peeled and 1/4" dice
4 cups beet greens, shredded (only the green leaves, not the center stem)
16 cups chicken stock (or 8 cups chicken stock and 8 cups water)
1 lb kielbasa or mini smoked sausages, cut into bit size pieces
8-10 hard boiled eggs, quartered



1/3 cup white vinegar
2-3 tbsp sugar
4 cups cooked potatoes, 1/2" – 3/4" cubed
1 bunch fresh dill, chopped
1/2 cup sour cream
salt and pepper to taste
1 tbsp of Awaken Savor Herbes de Provence

- Boil eggs for 15m then put under cold running water to cool.
- Grate beets to make 4 cups
- Cut beets into small pieces no more than 1/4"
- Julienne the beet greens.
- Combine chicken stock, beets, and beet greens in a large pot.
- Add vinegar and sugar.
- Add Awaken Savor Herbes de Provence.
- Simmer until beet pieces are fork tender, about 20-30 minutes.
- Meanwhile, cube potatoes and boil them in salted water.
- Brown kielbasa or mini smokies in a sauté pan.
- As the beet pieces become fork tender, sample the broth and adjust the vinegar and sugar level to taste. You might need to add an additional 1-2 tbsp either vinegar or sugar.
- Add browned kielbasa to soup.
- Add sour cream. First dissolve sour cream with a few tbsp of soup in a cup, and then add the mixture back to the pot and stir.
- In each serving bowl, first put in potatoes and a quartered egg, then ladle in the soup.
- Top with fresh dill and serve.



Smacznego!!