



PHOTO CREDIT: Kelly Sue DeConnick

## Roasted Beet Borscht

**Source:** Recipe from Cornell's Food and Nutrition Education in Communities

**Serving size:** 1 cup **Servings per recipe:** 8

These roasted beets with tomato sauce taste really great with yogurt on the side!

### Ingredients

- 6 medium beets
- 2 medium onions, chopped
- 3 cups green cabbage, shredded
- 1 can (15.5 oz.) diced tomatoes
- 4 cups vegetable broth
- 1 bay leaf
- 1 Tbsp. lemon juice
- 1 Tbsp. fresh dill, chopped or 1 tsp dried dill
- dollop of low fat Greek yogurt, plain

### Materials

Cutting board and sharp knife, large pot, aluminum foil, measuring spoons

### Directions

1. Preheat oven to 425°F. Wrap the beets in aluminum foil and roast for about 2 hours. Remove from the oven, unwrap, and when cool, peel and dice the beets into small cubes.
2. In a large pot, combine the beets, onions, cabbage, bay leaf, tomatoes and broth.
3. Bring to a boil over medium heat and then simmer for about an hour.
4. Remove bay leaf, add lemon juice and dill.
5. Serve with a dollop of low fat yogurt if desired.

## Nutrition Facts

Serving Size 1/8 recipe (293g)

Servings Per Container 8

Amount Per Serving

**Calories 70**      **Calories from Fat 0**

**% Daily Value\***

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 440mg**      **18%**

**Total Carbohydrate 14g**      **5%**

Dietary Fiber 4g      **16%**

Sugars 9g

**Protein 2g**

**Vitamin A 6%**      • **Vitamin C 40%**

**Calcium 4%**      • **Iron 6%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**0% calories from fat**

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