



BEET SOUP WITH MEAT

Makes 6-8 servings.

With an abundance of meat, beets, and dazzling color this soup is a meal in itself! Since the meat and broth freeze very well together, it is convenient to have some in your freezer for those nights you don't want to cook or over the holidays when there are always extra guests.

INGREDIENTS

- 6 cups beef broth plus the meat (recipe below)
- 1 pound beets
- 1 onion, very finely chopped (See Note)
- 4 garlic cloves very finely chopped
- 1 tablespoon lemon juice, approx
- 1 teaspoon sour salt (citric acid)
- 2 teaspoons dark brown sugar, approx
- 2 tablespoons seasoned rice vinegar, approx (See Note for Passover adaptation)
- Kosher salt
- Freshly ground black pepper
- Dill snipped with scissors for garnish, generously

PREPARATION

1. Preheat oven to 400 F.
2. Line a baking pan with foil. Wash the beets and while still wet, wrap each one individually in foil (be sure to wrap them tightly, otherwise some of the juices may ooze out). Place the beets in the pan and bake for about 35 minutes, until they are almost soft. You do not want them too soft because they will continue cooking in the broth. When the beets are cool

- enough to handle, remove the skin, quarter them so they can fit into the feed tube of the food processor and grate coarsely with the medium grating attachment or do it by hand.
3. In a medium covered saucepan bring the broth with the meat to a boil over high heat. Add the onion and garlic, lower the heat and simmer covered for 10 minutes. Add the lemon juice, sour salt, sugar, rice vinegar and the beets. Again bring to a boil, lower the heat and simmer, covered for 5 minutes more.
 4. Season to taste.
 5. Garnish with snipped dill.

INGREDIENTS FOR BEEF BROTH

- 2 pounds lean chuck, cut into ¼ inches pieces
- 8 cups cold water
- 3 ice cubes
- 1 onion, quartered
- 3 garlic cloves
- 10 peppercorns

PREPARATION OF BEEF BROTH

1. Place the meat in a large saucepan, add cold water and bring to a boil over high heat.
2. Skim the foamy residue as it rises to the surface. Add the ice cubes and lower the heat.
3. Add the onion, garlic and peppercorns. Simmer the broth, covered for 1 ½ hours; the meat should be soft.
4. With a slotted spoon, remove the meat and the vegetables. Discard the vegetables.
5. Wet a double layer of paper towels with cold water and squeeze dry. Line a strainer with the towels and place over a bowl. Ladle the broth into the towel lined strainer.
6. The grease and residue will adhere to the towel and you will have a fat free broth.
7. (You will have to change the paper towels a few times.)

NOTE

Both the onions and the garlic should be very finely chopped. I do it in the food processor; be sure to quarter them first.

On Passover neither rice vinegar nor citric acid is available; adjust the taste with more lemon and wine vinegar.