



210-842-3008
brenda@ahhealthwarrior.com



Chicken Borscht

Ingredients

1/2 Tbsp Grapeseed Oil or Avocado Oil
1/2 Onion, chopped
2-3 cloves Garlic, minced
4 cups Chicken Broth
1 medium Russet Potato, peeled & cubed
2 large Beets, peeled & cubed
2 cups Cabbage, shredded
12 oz can of White Chicken
Salt & Pepper to taste
2 Tbsp Fresh Dill, chopped
2 Tbsp Red Wine or Apple Cider Vinegar
Juice of 1 Lime or Lemon
Sour cream or Plain Greek Yogurt for garnish
Prepared Horseradish for garnish

Directions

- Heat large dutch oven, instant pot, or stock pot over medium-high heat.
- Sauté onions & garlic in oil until translucent, about 3-4 mins.
- Add broth, potato, beets & cabbage and Heat to boil. Then, turn down heat to simmer for 30-45 mins, until potatoes & beets are fork tender.
- Add canned chicken, 1 Tbsp fresh dill, vinegar & juice of lime or lemon
- Serve borscht topped with a dollop of sour cream or Greek yogurt, horseradish, and a sprinkle of dill

Makes 6-8 srvgs