

Nel's Vegan Borscht

(with butternut squash & red bell pepper)

Thank you <3

Ingredients (Serves ~6)

- 2–3 medium beets, peeled and grated
- 1 cup butternut squash, small diced
- 1 red bell pepper, finely chopped
- 1 large potato, diced
- 1 small onion, chopped
- 2 cups cabbage, shredded
- 2 cloves garlic, minced
- 6 cups vegetable broth
- 2 tbsp tomato paste
- 1–2 tbsp fresh lemon juice
- 2 tbsp olive oil
- Salt and pepper to taste
- Fresh dill

Optional

- Vegan sour cream or plain plant yogurt
- Small drizzle maple syrup if needed

Instructions

1. Heat olive oil in a large pot. Sauté onion and red bell pepper until soft, about 5 to 6 minutes.
2. Add garlic, beets, and tomato paste. Cook for 5 to 7 minutes, stirring occasionally.
3. Add broth, potato, butternut squash, and cabbage. Bring to a boil, then reduce heat and simmer for 20 to 25 minutes until vegetables are tender.
4. Stir in fresh lemon juice, salt, and pepper. Taste and adjust seasoning. Add a small touch of maple syrup only if needed.
5. Let the soup rest for about 10 minutes before serving. Garnish with fresh dill and optional vegan sour cream.

Notes, Thank you <3

- The flavor deepens significantly after a few hours or the next day
- If it tastes too earthy, add a bit more lemon
- If it tastes too sharp, a tiny bit of sweetness will round it out

