

Borscht with Andouille

Internet Address:



2 tablespoons olive oil
1 large yellow onion, peeled, chopped
2 cloves garlic, minced
2 large carrots, chopped
3 stalks celery, chopped
2 whole bay leaves
1/2 teaspoon thyme
1 quart chicken broth
2 pounds beets
1 whole potato, peeled, cubed
28 ounces whole tomatoes, crushed by hand, including juice
1/4 cup tomato paste
1 head red cabbage, sliced thin
2/3 cup red wine vinegar
3 tablespoons brown sugar
3 tablespoons sugar, or Splenda
1 tablespoon Hungarian paprika
3 cups water
12 ounces Andouille sausage, skinned, chopped into cubes
1 cup sour cream

Servings: 8

If you add the Andouille at the beginning, it will lose all its flavor to the soup. Therefore, add it at the very end, just before serving.

1. Preheat oven to 350. Cut off beet tops only, then place on foil lined baking sheet. Bake for 60 minutes, or until beets are just tender. Remove from oven and allow to sit for 15 minutes until they can be handled. Cut off tops and ends, then slip skins off beets and chop into cubes.
2. Meanwhile, heat a large soup pot over medium flame and add olive oil. Add onions and saute for 3-5 minutes until just beginning to brown around the edges, then add garlic, carrots, celery, bay leaves and thyme. Stir and cook for 1-2 minutes, then add the chicken broth. Add tomato paste, tomatoes, red wine vinegar and sugars and water. Bring to a simmer, then add cabbage and the paprika. Simmer for 2 hours at a minimum. Remove bay leaves and discard.
3. Taste for seasoning (add salt or pepper or both, as needed). Add the Andouille sausage at the very end, just long enough to heat through.
4. Ideally, make this a day ahead and allow flavors to meld overnight. Heat to simmer, scoop into large bowls and add a dollop of sour cream to each bowl.

Yield: 15 cups

Per Serving (excluding unknown items): 336 Calories; 15g Fat (40.8% calories from fat); 16g Protein; 34g Carbohydrate; 5g Dietary Fiber; 55mg Cholesterol; 801mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>