

# Borscht

---

## Ingredients

½ tbsp olive oil  
2 cloves garlic minced  
2 leeks cut small  
2 stalks celery diced  
2 carrots diced  
2 medium potatoes diced  
4 medium beetroots – 2 diced small and 2 grated  
1 cup cooked lentils  
2 tsp herb salt  
8 cups water  
400g tomatoes blended in a blender  
¼ cup finely chopped dill  
1 tsp caraway seeds  
12 crimini mushrooms cut into 6 to 8 pieces  
1 cup chard or collard greens shredded  
Salt and pepper to taste

## Tofu Cream Ingredients

100g silken tofu  
2 tsp nutritional yeast  
Salt to taste  
1 to 2 tbsp lemon juice

## Method

1. For the tofu cream place everything in the blender until all combined and smooth.
2. In a saucepan place the olive oil, garlic, leek, celery, caraway seeds, herb salt and a sprinkling of salt and a generous amount of pepper and fry for a few minutes.
3. Add the water, blended tomato and diced beetroot and cook for 3 minutes. Next add the carrot, potato and dill and cook for 3 minutes. Then add the mushrooms and cook for 5 minutes.
4. Season with salt then let cool a little and blend half of the soup. Place it back in the saucepan with the remaining half and add the grated beetroot and shredded chard or collard greens and cook for 5 minutes. Serve with the tofu cream.



veet's  
**Vegan**

COOKING SCHOOL

Veet's Vegan Cooking School | [www.veets.com.au](http://www.veets.com.au) | © Copyright