Golden Beet Borscht

Borscht is a hearty beet soup originally from the Ukraine. Though beets are usually considered a winter vegetable (along with most other edible roots), they have an incredibly long harvesting season and can be enjoyed fresh from mid-spring to mid-winter. In this dish, we’ve chosen use golden beets, zucchini and Meyer lemon to give this traditional soup gorgeous colors and light, summery flavors.

Ingredients

2 Cloves Garlic
2 Golden Beets
1 Bunch Dill
1 Meyer Lemon
1 Pound Yukon Gold Potatoes
1 Yellow Onion
1 Zucchini
¼ Head Green Cabbage
1 Teaspoon Turmeric
3 Tablespoons Vegetable Demi-Glace
1 ½ Tablespoons Honey
½ Cup Sour Cream

Makes 2 Servings
About 550 Calories Per Serving
Instructions

1. **Prepare the ingredients:**
   Wash and dry the fresh produce. Peel and mince the garlic. Peel and small dice the zucchini and onion. Roughly chop the dill. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Medium dice the beets and potatoes. Cut out and discard the core of the cabbage, then very thinly slice the leaves.

2. **Cook the aromatics:**
   In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the onion and garlic and season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened. Add the turmeric and cook, stirring frequently, 30 seconds to 1 minute, or until toasted and fragrant.

3. **Add the beets:**
   Add the beets and season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened.

4. **Add the liquids & vegetables:**
   Increase the heat to medium-high and stir in the vegetable demi-glace, lemon zest, potatoes, cabbage and 4 cups of water; season with salt and pepper. Bring the soup to a boil, then reduce the heat to medium and simmer, stirring occasionally, 10 to 12 minutes, or until slightly thickened. Add the zucchini and cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.

5. **Finish the soup:**
   Turn off the heat and add the honey, the juice of 2 lemon wedges and half the dill (save the rest for garnish). Season with salt and pepper to taste. Stir until well combined.

6. **Plate your dish:**
   Divide the soup between 2 bowls. Top each with half of the sour cream. Garnish with the remaining dill and lemon wedges. Enjoy!