

# Borscht Vegetable Soup

Grandma Grimm

In my big red kettle I start broth by boiling some soup bones or beef short ribs. Boil slowly and keep skimming the foam off to make the soup clear.

Then add in tea ball: 5 -8 whole allspice berries, 1 bay leaf, a good pinch of mixed spices, a small piece of red chili pepper and add about 2-3 small handful of salt. Add tea ball and boil until meat is tender.

Remove meat from stock. Then add:  $\frac{1}{2}$  to  $\frac{3}{4}$  c pearl barley, 1 qt. canned tomatoes,  $\frac{3}{4}$  c cereal bowl parsley cut fine,  $\frac{3}{4}$  bowl fine dill, cereal bowl full cut beans, cereal bowl of beet leaves cut fine, some peas (couple cups), 2 cereal bowls carrots, 2 heaping cereal bowls beets, heaping cereal bowl onions, a bowl of celery, 2 heaping bowls of cabbage, 3 bowls spuds. Add enough salt to taste.

Simmer until veggies are tender. Remove from heat.

Add a bit of cream to the amount of heated soup you will be serving.

Freezes well. Don't add cream until after you thaw.