



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Lentil Borscht





A soup that tastes as great as it looks, this vibrant lentil borscht features a variety of veggies like beets, carrots, onions, and tomatoes, and protein-packed lentils.

INGREDIENTS

- ¼ cup red lentils
- 2 cups water
- 3 small peeled and cubed beets
- 1 tbsp olive oil
- 2 cloves diced garlic
- 2 chopped carrots
- 1 small chopped onion
- 2 tbsp tomato paste
- 1 tbsp lemon juice
- 2 cups vegetable broth
- ½ cup coconut or almond milk
- 1 tbsp coconut sugar
- ¼ tsp sea salt
- ¼ tsp black pepper
- ¼ cup fresh dill, to serve
- ¼ cup vegan sour cream, to serve

INSTRUCTIONS

1. Cook the lentils: add lentils and water to a medium pot. Bring to a boil, reduce heat, cover and cook for 15-20 minutes, or until water has absorbed and lentils are cooked and slightly broken down. Remove from heat, drain excess water, and let sit.
2. Prepare the beets: add peeled and cubed beets to a steamer basket. Steam for 10-12 minutes, or until fork tender.
3. While beets are steaming, add olive oil to a large saucepan over medium heat. Stir in garlic, onion, carrots, and onion. Sauté for 5-7 minutes, or until carrots are tender.
4. Transfer mixture to a high-speed blender. Add drained and cooked red lentils, steamed beets, tomato paste, lemon juice, almond milk or coconut milk, coconut sugar, vegetable broth, sea salt, and black pepper. Blend the soup for 2-3 minutes, or until completely smooth.
5. Serve soup with fresh dill and sour cream on top. Enjoy!

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