Traditional Kvass Borscht
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*Kvass is a traditional eastern European drink made from fermented, or soured, black bread. It’s often added to soup, stew, and sauce recipes as a flavor-enhancing (and health-boosting) ingredient.*

**Ingredients:**

**Kvass:**
- ½ cup whole wheat or rye flour
- 2 cloves garlic, crushed
- 1 cup warm water

**Soup:**
- 3 tablespoons olive oil
- 1 pound beef stew meat, cubed
- Sea salt and black pepper, to taste
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, crushed
- 2 cups shredded green cabbage
- 1 pound beets, peeled, shredded
- 4 cups beef broth
- 1 tablespoon tomato paste
- Chopped fresh parsley, for serving
- Sour cream, for serving

**Directions:**

1) Prepare the kvass: place flour and garlic in a small bowl; cover with warm water and whisk well. Let mixture sit at room temperature, covered with a light towel, 4 days.

2) Prepare the soup: Heat oil in a large pot over medium-high. Season beef with salt and pepper; add to pot and cook until browned on all sides, stirring occasionally, about 5 minutes. Remove beef with a slotted spoon; set aside.

3) Add onion, carrot, celery, and garlic to pot; cook until softened, stirring occasionally, about 4 minutes.

4) Add cabbage, beets, broth, tomato paste, and reserved beef to pot; bring to a boil over high heat. Reduce to a simmer and cook, covered, until beef is very tender, about 30 minutes. Stir in prepared kvass; season to taste with salt and pepper.

5) To serve, ladle soup into large bowls; top with parsley and sour cream.