

Borscht Crock Pot Method

Ingredients

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| 1 onion (large, minced)
and cut into julianne strips) | 6 beets (small, or 4 medium peeled) |
| grassfed beef
and seeded) | 2 lb stew beef (I used chunks of |
| 1 bay leaf | 1 tomato (Large tomato, chopped |
| peppercorns, bruised) | 1 carrot (Thinly sliced) |
| parsley, use 1 sprig worth of | 6 peppercorns (whole black |
| 2 t sea salt (or to taste) | 1 t parsley, dried (if using fresh |
| fancy) | leaves) |
| paper carton from Wholefoods) | 1/4 c vinegar, white (nothing too |
| | 2 c beef broth (I use the kind in a |

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Instructions

<p>Start by adding the onion and beef to the crock pot, along with the herbs and spices. Then the carrots, beets, tomatos, cabbage, and beef broth, making sure to keep the ingredients and liquid level below the maximum filling line for the crock pot (if not marked, then generally 1.5" below the lid). Cook for 10-12 hours or more on low - in the middle of cooking give it all a good stir and try to put all the ingredients under the resulting liquid. When cooking is done, stir in the vinegar and adjust seasoning (sometimes a little extra sea salt is necessary) to taste. Enjoy in large bowls - some people like to add a spoonful of sour cream or plain yogurt on top when serving. For experiment's sake I added a little bit of Beyond Organic Amasai to mine the other day for a treat.</p>