

# RUSSIAN TRIO BORSCH

## Marinated Vegetables:

- 4 cups shredded cabbage
- ½ cup grated carrots
- ½ cup grated beets
- 5 shitake mushrooms, diced
- 1 Tbsp lemon juice
- 1 dash unrefined sea salt

## Broth:

- 2 cups carrot juice
- 1 ½ cup beet juice
- 1 cup water
- 3 ½ Tbsp lemon juice
- 5 Roma tomatoes
- 2 cloves garlic
- 2 Tbsp green onion, chopped
- 3 Tbsp dill
- 2 Tbsp parsley



- 1 Tbsp onion powder
- ½ Tbsp ginger, minced
- 1/8 tsp cayenne
- 1 stalk celery, chopped
- ½ medium dry bay leaf, crushed
- 1 ½ avocado, diced
- 1 ½ Tbsp unrefined sea salt

**Sour Cream:**

- ¾ cup coconut meat
- 1/3 cup cashews, soaked (1-2 hours in water)
- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- 1-2 dates, pitted
- ¾ tsp unrefined sea salt

**Marinated Vegetables:**

Combine ingredients for marinated vegetables, massage vegetables in marinade, and let sit for 30 minutes.

**Broth:**

Blend all broth ingredients, add marinate with vegetables to broth

**Sour Cream:**

To make sour cream topping, blend ingredients until smooth. Serve with a dollop of cream on top of each portion.