

# Ukrainian Borsch to Improve Methylation



**Ukrainian Borsch Rich in Betaine from the Beets to Support Methylation**

**Prep Time:** 15 minutes

**time:** 35 minutes

**Cooking**

Serves 6-8

## **Ingredients:**

1 tbsp ghee, avocado oil or butter

1 yellow onion, chopped

3-4 stalks celery, chopped

3 large carrots, grated

1-2 small beets, cubed

6-8 cups chicken broth (1/2 chicken cooked in the broth included)

1 cup tomato sauce and/or 3 tbsp tomato paste  
3-4 medium potatoes, peeled and sliced  
1/2 medium cabbage, thinly sliced  
Fresh cilantro, green onion, and parsley for garnish  
1/2 bunch dill, chopped

**Directions:**

1. Set the pot over medium heat and add your choice of oil/fat.
2. Add the onion to the pot; saute for 5 min until translucent.
3. Add salt, carrots, beets, and celery. Saute for 5 – 7 min.
4. Add the chicken and chicken broth, tomato paste/tomato sauce, potatoes and bring the soup to a boil, cover with a lid, turn down the heat, and simmer for 15-20 minutes.
5. Once ready, add sliced cabbage and dill and simmer for an additional 5 minutes.
6. Turn off the heat, add more salt if needed, mix. Ladle the soup into the bowl, garnish with cilantro and parsley and serve.