

Not Your Grandpa's Borscht

Beets are a fabulous brain food, as they relax the blood vessels and improve circulation. Coriander, cumin, caraway and cayenne are carminative helping with the assimilation of nutrients along with the cabbage that soothe the tummy. Great digestion yields healthy brain.

Adapted from R. Katz: The Healthy Mind Cookbook

Spice highlight: cumin, coriander, allium, caraway, and cayenne

Ingredients:

- 3 tbsp. EVOO (Extra Virgin Olive Oil)
- 1 medium onion, diced
- 1 fennel bulb, diced
- 2 celery stalks, diced
- Sea salt
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp caraway seeds
- Pinch of red pepper flakes (optional)
- 6 cups Classic Magic Mineral Broth (see recipe under winter recipes or substitute your favorite prepared broth)
- 3 cups 1/2-inch diced green cabbage (small head)
- 3 beets, trimmed, peeled, and cut into 1/2-inch dice
- 1 tbsp freshly squeezed lemon juice
- 6 tsp plain yogurt, for garnish
- 1/4 cup chopped fresh dill, for garnish

Method of preparation:

Heat the olive oil in a soup pot over medium heat, then add the onion, fennel, celery, and a 1/2 teaspoon of salt and sauté until golden, about 6 minutes.

Stir in the cumin, coriander, caraway, and red pepper flakes and sauté until well combined.

Pour in 1/2 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half.

Add the cabbage and 1/4 teaspoon of salt and stir.

Then add the beets and another 1/4 teaspoon of salt; stir and cook for about a minute.

Add the remaining 5 1/2 cups of broth and another 1/2 teaspoon of salt.

Bring to a boil, then reduce the heat to medium, cover, and simmer until the beets are tender, about 20 to 25 minutes.

Add the lemon juice and taste; you may want to add another pinch of salt or a squeeze of lemon.

Spoon the soup into bowls and garnish each with a teaspoon of yogurt and a sprinkle of dill. Serve immediately.

