

# Beef Heart Borscht

*Borscht is a richly flavored soup packed with nutrient-dense foods. It is traditionally served with sour cream, but coconut milk yogurt makes a delightful accompaniment to this comforting meal.*

## Beef Heart Borscht

Prep Time		Cook Time		Yield
15 Minutes		1h		3 to 4

  

Amount		Ingredient	
2 to 3	tbsp	Tallow or other cooking oil	
1	gal	water	or enough to cover the bones by 1-2 inches
1	tbsp	apple cider vinegar	
2		Onions	medium, quartered
4-5		Carrots	cut in half
6-8		Celery sticks	cut into thirds
6-8		Cloves of Garlic	
3		Bay leaves	
1	tsp	salt	

## Instructions

1. Combine the bones, water, and vinegar in a large stockpot (or pressure cooker or slow cooker). Bring to a boil over high heat, then reduce the heat to maintain a simmer. Alternatively, cook under high pressure in a pressure cooker or bring to a boil and then reduce the heat to low in a slow cooker.
2. During the first hour of cooking, skim off any foam that has risen to the surface (This improves the flavor of the final broth.) You don't need to do this step if you're using a pressure cooker.
3. Simmer, covered, for 24-48 hours (or 6-12 hours under high pressure in a pressure cooker or 2-5 days in a slow cooker). Periodically stir and check the water level. Top up with additional water if needed to make sure that the bones are covered by an inch or two of water.
4. Add the remains ingredients. Simmer for an additional 4-6 hours (or 1-2 hours in a pressure cooker or 6-8 hours in a slow cooker).
5. Strain and discard the bones and vegetables. Store the broth in the fridge for up to 5 days or in the freezer for up to 6 months.