

Beet and Bean Borscht



Nutrition Facts

Per serving (125 mL/4 oz)

Amount Per Serving

Calories 79 Calories from Fat 6
% Daily Value

Fat 1 g **1%**

Saturated Fat 0 g 0%

Trans Fat 0 g

Polysaturated Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg **0%**

Sodium 305 mg **13%**

Potassium 419 mg **12%**

Total Carbohydrate 16 g **5%**

Dietary Fibre 5 g 18%

Sugars 6 g

Protein 3 g

Vitamin A 180% Vitamin C 14%

Calcium 6% Iron 9%

Thiamin 8% Riboflavin 4%

Niacin 3% Vitamin B6 8%

Folate 15% Vitamin B12 0%

Phosphorous 8% Zinc 4%



Beet and Bean Borscht



High Fibre

STEP INSTRUCTIONS

- 1 Soak white beans in water overnight. Water should be double the height of the beans. Drain water and rinse beans on day of production.
- 2 On day of production: Boil white beans in water until soft. Drain, do not save liquid. In non perforated pans, steam fresh beets for 20 minutes. Liquid from pans is used in soup - do not discard.
- 3 Combine all ingredients listed for step 2. Include liquid from canned beets. Add white beans, steamed beets and their liquid. Bring to a boil and then simmer until cabbage, beans, and fresh beets are fully cooked.

NOTES:

Substitution of fresh vegetables for dehydrated or frozen vegetables may occur. Liquid volume may need to be adjusted.

Substitution of pulses may occur. Prepare pulses as recommended on pages 9 and 10 of the Pulse Potential manual.

Re-heat to 74°C (165°F) in a steam jacketed kettle or covered insert in steamer.

Please Note: In the 50 servings column the cups, tbsp, and tsp measures are rounded for convenience. Please refer to the bracketed amounts for a closer representation of the nutrition panel.

NUMBER OF SERVINGS

STEP	INGREDIENTS	50	100	250	500
1	White Beans, Dry	2 ¼ cups (480 g)	960 g	2.4 kg	4.8 kg
	Beets, Fresh, Diced	2 cups (250 g)	500 g	1.25 kg	2.5 kg
2	Water	10 ½ cups (2.6 L)	5.2 L	13 L	26 L
	Onions, Dried	3 tbsp (9 g)	17 g	43 g	85 g
	Green Cabbage, Fresh, Shredded	3 cups (250 g)	500 g	1.24 kg	2.5 kg
	Carrots, Frozen, Diced	1 ¾ cups (250 g)	500 g	1.24 kg	2.5 kg
	Beets, Canned, Diced	4 ½ cups (1.14 L)	2.27 L	5.68 L	11.36 L
	Tomatoes, Canned, Diced	5 ⅔ cups (1.42 L)	2.84 L	7.1 L	14.2 L
	Salt	1 ½ tsp (8 g)	16 g	40 g	80 g
	White Sugar	2 tsp (7 g)	15 g	38 g	75 g
	Vegetable Soup Base	¼ cup (70 g)	140 g	350 g	700 g
	Dill Weed, Dried	¼ cup (14 g)	28 g	70 g	140 g
	White Vinegar	¼ cup (70 mL)	135 mL	340 mL	675 mL
Tomato Soup, Canned	1 ½ cups (380 mL)	760 mL	1.9 L	3.8 L	

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