

Russian Borscht

Beets take center stage in my signature version of this classic Russian soup.

Juice enough of the following vegetables to equal:

1 1/2 C. tomato juice

plus 1 C. carrot juice

1/2 C. cucumber juice

1/2 C. celery juice

1/2 C. lemon juice

Don't worry about exact measurements, just shoot enough of each vegetable through the juicer to equal the approximate amount.

Pour the juices into a bowl and add:

1 C shredded beet

1 C minced red pepper

1 med cucumber chopped

3 scallions minced

1 large avocado cubed

2 tomatoes diced

1/4 c parsley chopped

dash of cumin and salt and cayenne pepper to taste

Stir them all in and ENJOY!

Serves 2