

Hot Russian Borscht



Ingredients

- 1 whole head of cabbage, chopped
- 1 - 2 onions, cut into half rings
- 2 cups stew beef, chopped
- 1 tbsp. minced garlic
- 1 tbsp. dried dill or fresh dill
- 1 cup beef stock
- 1 litre water
- 2 cups potatoes, diced
- 3 cans shredded beets
- 3 tbsp. ketchup (secret ingredient)
- Salt & pepper to taste

TIP: Chop the vegetables into bite size pieces, and chop the stew meat if the chunks are too large.

Directions:

1. First, brown the meat by pressing the **SOUP/STEW** button. Add the minced garlic and dill.
2. Next, add the chopped potatoes into the pot on top of the meat. Follow up with the beets, onions and cabbage. Then, add the beef stock and water. Make sure not to over fill the pot. You must have at least 1 - 2" of space at the top.
3. Close the lid and set the **PRESSURE VALVE** to **SEAL**.
4. When done, carefully turn the valve to **VENT** and release the pressure completely. Then, unlock and open the lid.
5. While the contents are still hot, add salt and pepper to taste, then add the ketchup and stir thoroughly. Leave the lid open and let it stand for about 10 minutes.
6. Serve in a bowl with a dollop of sour cream and dill.