

Treasure Barrel

Shchi – Classic Russian Cabbage Soup

15 min Prep time	**45 min** Cook time	**1 h** Total time
4 Servings	**Easy** Difficulty	**Russian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 small green cabbage, shredded
- [ ] 2 medium carrots, diced
- [ ] 2 medium potatoes, cubed
- [ ] 1 large onion, finely chopped
- [ ] 2 cloves garlic, minced
- [ ] 4 cups beef or turkey broth
- [ ] 2 tbsp tomato paste
- [ ] 2 tbsp vegetable oil
- [ ] 1 bay leaf
- [ ] 1 tsp dried dill
- [ ] Salt and pepper to taste

Optional Garnish

- [ ] Sour cream
- [ ] Fresh dill leaves

Instructions

1. Heat the oil in a large pot over medium heat. Add the onion and garlic, sauté until translucent, about 3-4 minutes.
2. Stir in the tomato paste and let it brown slightly, releasing its sweet aroma.
3. Add the carrots and potatoes, pour in the broth, and bring to a gentle boil.
4. Add the shredded cabbage, bay leaf, and dill. Reduce heat, cover, and simmer for 30-35 minutes until vegetables are tender.
5. Season with salt and pepper. Remove the bay leaf, ladle into bowls, and top with a dollop of sour cream and fresh dill if desired.

Nutrition per serving

250 kcal	12 g	30 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste and adjust seasoning at the end; the broth should be balanced, not overly salty.
- For extra depth, simmer a piece of smoked meat with the broth, then remove before serving.
- Shchi tastes even better the next day as flavors meld.