**Borscht**

**Produce**

garlic(if needed)

1 large yellow onion

1 sweet onion

one fourth head cabbage (if needed)

1 cucumber

3 large beets

2 medium red potatoes

2 large carrots

**Canned/Dried Foods**

one 32 oz. box low sodium vegetable broth

apple cider vinegar(if needed)

 rice wine vinegar (if needed)

ground caraway seed(if needed)

dry dill weed(if needed)

**No Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt(if needed)

**Additional Items**

Artisan Rye Bread