**Do you think it is harmful food?**

**Ingredients:**

* **1 cup chopped fresh beetroot**
* **1 cup chopped carrots**
* **1 cup beans**
* **3 or 4 medium potatoes**
* **Two spoons of tomato past**
* **½ cup chopped onion**
* **½ cup fresh dill, chopped**
* **Salt to taste**
* **2 tablespoons oil**
* **Minced garlic , to your taste**

**Why needs to select**

**BORSHCH ?**

**Recipe:**

**Put the meat and beans into a saucepan with about 2 liters of water and cook for a while. Then rest of vegetables, and salt. Fry the finely chopped onion in oil in a small frying pan and add tomato past. Stir until smooth. Add this to the borshch when the vegetables are cooked. Add the freshly chopped garlic and cook for about 5 minutes more. Serve with cream and love to Ukraine…**