**Some Like It Cold Borscht**

**Ingredients**

**6 roma tomatoes, chopped and seeded**

**1 medium onion, chopped**

**2 quarts water**

**3 medium beets, peeled and chopped**

**3 carrots, peeled and chopped**

**3 medium Yukon potatoes, peeled and cubed**

**1 tablespoon vegetable oil**

**1/2 medium head red cabbage, cored and shredded**

**3 cloves garlic, minced**

**1 teaspoon black pepper**

**2 tablespoons agave**

**½ cup plain non-fat yogurt, for topping**

**2 tablespoons chopped green onion for garnish**

**Directions**

In a sauté pan, cook down tomatoes and onion until onions are caramelized.

Fill a large pot with water, and bring to a boil. Add the beets, and cook until they have lost their color. Add the carrots and potatoes, and cook until tender, about 15 minutes. Add the cabbage, tomatoes and onion.

Add the raw garlic to the soup, cover and turn off the heat. Let stand for 5 minutes. Taste, and season with pepper and agave. Let cool and then refrigerate.

Ladle into serving bowls, and garnish with yogurt and green onion.

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| Per serving: 104 calories, 2g fat, 0g saturated fat and cholestrol, 21g carbs, 4g fiber, 2.5g protein and 57mg sodium |  |  |  |