



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Borc Soup

Borç Çorbası



3 tbsp vegetable oil  
1/2 celery  
1 onion  
1 carrot  
1 red beet  
1/4 red cabbage  
1 leek  
1.7 ounces meat  
1 potato  
1 tbsp tomato paste  
6 cup gravy  
1/3 cup hot water  
1 tbsp starch  
2 tsp salt

# Make the oil red-hot and add the meat which is cut into small pieces, cook.

# Slice all the vegetables as matches sized.

# At first add the paste to the meat. Then add celery and carrot, cook for 5 minutes. And then add onion, cabbage, beet and potato and cook for 5 more minutes. Add salt.

# Add 6 cup gravy or boiling water on the vegetables and cook for 25 more minutes.

# Just before it gets cooked, dissolve 1 tbsp starch in 1/3 cup hot water and add some soup on it, mix, and then add into the soup little by little.

# After adding the starch, boil for 5 minutes and remove from the stove.

**Note:** Another method for cooking this soup; boil the vegetables, blend, and then add to the meat. So you will have a smooth soup. Borc Soup is from Russia.