

## SOLIANKA

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*With a background in the Russian language and culture, you'd think I would have more Russian-influenced recipes. I do very much understand the ingredients look rather bizarre, but they work! Russians use cucumbers in many of their dishes, and here it adds a nice texture, in addition to flavor. There is always the next cookbook for more recipes from Russia!*

Makes 6 servings

Prep Time: 1 hour

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4 cups beef stock  
12 ounces dark beer  
1 ½ pounds beef stew meat, 1-inch pieces  
2 bay leaves  
4 tablespoons butter  
1 medium onion, chopped  
3 medium tomatoes, chopped  
2 tablespoons tomato paste  
¾ pound kielbasa sausage, sliced ½-inch thick  
4 medium cucumbers, peeled, seeded, sliced  
10 prunes, pitted, soaked in hot water  
12 Kalamata olives, pitted and sliced  
2 teaspoons capers  
Salt and pepper, to taste  
½ cup sour cream

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- 1) Bring the beef stock and beer to a boil in a large stock pot.
  - 2) Add meat and bay leaves to beef stock mixture. Reduce the heat to a simmer and cook uncovered for 1 ½ hours.
  - 3) While the beef cooks, heat the butter in a heavy skillet over medium heat and cook onions until soft. Add the tomatoes, tomato paste and sausage. Simmer for 10 minutes.
  - 4) Drain liquids from skillet, then add skillet contents to the meat mixture along with the cucumbers, prunes, olives and capers.
  - 5) Cook for 15 more minutes and adjust with salt and pepper. Serve hot with a dollop of sour cream.
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Per serving (approximate values): 600 Calories; 34.6g Fat (53.3% calories from fat); 36.5g Protein; 31.7g Carbohydrate; 121 mg Cholesterol; 2317mg Sodium.