



PATIENT & CAREGIVER EDUCATION

Russian-Inspired Vegetarian Menu and Recipes

Meal	Menu
Breakfast	• Apple cinnamon kasha (cooked buckwheat) • Coffee
Snack	• Walnut raisin sukhari (biscotti)
Lunch	• Borscht * • Bread roll
Snack	• Cabbage roll
Dinner	• Mushroom kotlet * • Mashed potatoes • Pickled vegetables
Snack	• Oven baked apples • Sweetened sour cream

Borscht

Adapted from www.serious-eats.com.

Makes 9 servings.

- Prep time: 35 minutes
- Cook time: 20 minutes

- Total time: 55 minutes

Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 medium carrots, grated
- 2 medium red beets, grated
- Salt and pepper to taste
- 2 potatoes, cut into ½ inch pieces
- 2 garlic cloves, minced
- 2 bay leaves
- 2 tablespoons tomato paste
- 2 tablespoons lemon juice
- 2 cups chopped cabbage
- 8 cups (64 ounces) low-sodium vegetable broth
- ¼ cup chopped fresh dill

To serve:

- Vegan or regular sour cream or plain yogurt
- Rye bread

Instructions

1. Add the olive oil, onion, carrots, beets, and a pinch of salt and pepper to a large pot over medium heat. Sauté for about 5 minutes, stirring often, until the onions look soft.
2. Add the potatoes, garlic, bay leaves, and tomato paste to the pot. Mix well. Sauté for another 1 minute.
3. Add the lemon juice and cabbage to the pot. Mix well. Add the vegetable broth and dill and bring the soup to a rolling boil (large steady bubbles across the surface), then immediately lower the heat to maintain a gentle simmer.
4. Cover the pot and let the soup simmer for 5 to 10 minutes.
5. Turn off the heat. Let the soup rest for 15 minutes with the lid on before serving. Serve hot topped with a dollop of sour cream or yogurt, with rye bread on the side.

Nutrition information

Serving size: 1½ cups

- Calories: 287 calories
- Carbohydrates: 49 grams
- Protein: 7 grams

- Fat: 8 grams
 - Sodium: 750 milligrams
 - Potassium: 915 milligrams
 - Added sugar: 0 grams
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Mushroom kotleti

Adapted from www.theiranianvegan.com

Makes 6 servings.

- Prep time: 20 minutes
- Cook time: 30 minutes
- Total time: 50 minutes

You will need cheesecloth and a food processor or blender for this recipe.

Ingredients

- 1 cup dry buckwheat
- 1 whole large onion
- 2 whole medium-sized potatoes
- 1½ cups cremini or other mushrooms
- 1 cup whole walnuts
- 1 tablespoon turmeric

- 1 teaspoon paprika
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 5 tablespoons chickpea flour
- 2 tablespoons coconut oil

To serve:

- ½ cup chopped fresh herbs (such as parsley)
- 1 cup pickled cucumbers
- 1 tomato, sliced
- 6 slices of your favorite bread, warmed

Instructions

1. Add the buckwheat, 2 cups of water, and a pinch of salt to a 1-quart saucepan. Mix well. Bring the mixture to a boil, then lower the heat to medium-low. Cover the saucepan and let the mixture cook until it's soft, about 15 to 20 minutes.
2. While the buckwheat is cooking:
 - Grate the onion. Place the grated onion over a piece of cheesecloth, close it, and squeeze out all the liquid. Set the grated onion aside.
 - Do the same with the potatoes. Grate them, squeeze

out extra liquid, and set them aside.

3. Add the mushrooms, walnuts, half of the grated onion, half of the grated potato, and half of the cooked buckwheat to the bowl of a food processor. Blend until smooth.
4. Add the blended mixture to a large bowl along with the rest of the cooked buckwheat, the rest of the grated onion and potato, and the turmeric, paprika, salt, and pepper.
5. Knead the mixture with your hands. Add the chickpea flour and keep kneading. If the mixture is too soft, add another tablespoon of chickpea flour.
6. Make flat, oval patties by rolling a ball between both hands and flattening in the middle.
7. Add 1 to 2 teaspoons of coconut oil to a large skillet over medium-high heat. Working in batches, pan fry the patties until they're golden brown, about 2 to 3 minutes on each side.
8. Serve with fresh herbs, pickled cucumber, sliced tomatoes, and warm bread.

Nutrition information

Serving size: 3 koletis with toppings and 1 slice of bread

- **Calories: 445 calories**

- Carbohydrates: 59 grams
 - Protein: 12 grams
 - Fat: 20 grams
 - Sodium: 136 milligrams
 - Potassium: 755 milligrams
 - Added sugar: 0 grams
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If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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