

# Vegetable Beef Soup

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recipe makes 4 quarts of soup

## Ingredients

- 2 1/2 pounds beef round (can also use chuck), cut into 2-inch cubes
- 2 teaspoons pepper
  
- 1 1/2 teaspoons salt
- 1 medium onion, diced
- 5 cloves garlic, chopped
- 2 tablespoons soy (can use Worcestershire) sauce
- 8 cups water
  
- 6 sprigs parsley
- 8 sprigs fresh thyme
- 3 bay leaves
  
- 4 cups (32 ounces) beef broth
- 2 14.5 oz cans diced tomatoes
- 1 cup onion, diced
- 4 cups medium red potatoes, diced with skins (1-2 lbs.)
- 2 cups carrots, cut into 1/3 inch rounds (5 med. carrots)
- 1 1/2 cups celery stalks, diced (4 stalks)
- 1 1/2 cups sliced green beans, (3/4 to 1 lb.)
- 2 cups corn, frozen or fresh
- 2 cups mushrooms, medium chopped
- 1/3 cup chopped fresh parsley
- 1 T chopped fresh thyme
- 1 T Colorado Plateau Citrus Pepper (Savory Spice Shop) (can substitute black pepper)

salt and pepper to taste

## Directions

Heat a heavy pot with a tight-fitting lid over medium-high heat. (I use my pressure cooker) Pour in enough oil to cover the bottom of the pan well. Season the beef with pepper, and add 1/2 of it to the pan. Saute the meat, uncovered, stirring occasionally, until browned--about 5 minutes. Remove the beef to a holding plate. Repeat with the remaining beef adding more oil only if needed.

Add the first batch of meat to the pot on the stove. Keep the heat on medium high. If the meat is dry, you can add a T. of butter. Add the 1 1/2 teaspoons salt and onion and cook, stirring, until clear--about 3 minutes. Add the garlic and cook, stirring, about 1

minute. Be sure to keep stirring so the garlic does not burn. Add the soy sauce, and 8 cups of water and bring to a boil, lower heat to simmer. Tie the parsley, thyme sprigs together with a piece of kitchen twine and add the bundle to the pot. Toss the bay leaves into the pot. Cover and simmer over a low heat until the meat is tender--about 1-1 1/4 hours.

At this point, you have two options. You can cool the meat and broth and refrigerate overnight or continue cooking the soup. If you cool the base overnight, it is easy to skim off the excess fat before you resume cooking the next day. After skimming the fat, bring the base to a boil before you resume cooking.

Either way, be sure to Skim the fat from the cooking liquid with a spoon or ladle before adding vegetables. Remove and discard the herb bundle and the bay leaves. At this point you may have to move from your pressure cooker to a larger soup pot to hold all the ingredients.

To the HOT mixture, add 32 ounces of beef broth and the canned tomatoes and bring to a boil. Add the cup of onion, the carrot, the celery and the green beans and return to a boil, reduce heat to simmer, and cook, uncovered, stirring occasionally, for 10 minutes. Add potatoes, return heat to a simmer and cook another 15 minutes. Add mushroom, corn, chopped thyme and parsley, and the Colorado Plateau Pepper. Return heat to simmer and cook another 20 - 30 minutes until vegetables are tender.

Season with salt and pepper, to taste.

Soup can be served immediately, but is equally good (some say even better) the next day.