

MOT more of this
LOT less of that

Vegetable Beef Soup

Hearty nutrient dense soup that comes together and easily customizable with a variety of vegetables!

Serves: 4

Total time: 5 hours

Ingredients

- 1 1/2 lbs beef stew meat
- 2 Tablespoons olive oil
- 1/2 large onion, chopped
- 2 cloves garlic, minced
- 4 carrots, peeled and cut into disks
- 3 stalks celery, chopped
- 4 cups beef broth or beef bone broth
- 1 large sweet potato, peeled and cut up
- 1 zucchini, cut up
- 1 yellow squash, cut up
- 1 cup green beans, trimmed and cut in half if large
- 1 teaspoon oregano
- 2 bay leaves
- 1/2 teaspoon each salt and pepper

Directions

1. Heat the olive oil over medium heat.
 2. Dry beef with paper towels, season with salt and pepper and add half of the beef to the pan, and brown for 4-5 minutes, turning gently.
 3. Transfer to plate and add the other half of the beef (add a little more olive oil if needed). Cook for about 4-5 minutes and transfer to plate.
 4. Add onions, carrots, celery, saute for 3-5 minutes till soft. Add garlic.
 5. Add broth, beef, sweet potato, zucchini, yellow squash, green beans and spices.
 6. Bring to boil, then reduce heat to maintain a simmer.
 7. Simmer on low for 2-3 hours till beef is fall apart tender. Stir occasionally.
- *Recipe can be made in slow cooker; you will need to brown beef before putting into the pot. Add vegetables and broth all at once.

Mary-Beth says: *"You can add other vegetables that you have or like to this soup (I have often added 1 cup of frozen peas. The key to tender beef and full flavor soup is to cook beef first and simmer gently for a few hours."*