

Beef Vegetable Soup

The key to this soup is the broth (stock). Ask at the meat department for soup bones that include a joint that has been sliced thru. Place bones and some stew meat in a large pot. Add water, salt, red pepper flakes, 1 large bay leaf and bring to boiling, turn to low and cook with lid on for about 3 hours adding water if needed. You know it's ready when most everything has fallen off the bone. (When cooled in the refrigerator it will gel which is what you want for good soup.)



INGREDIENTS

Soup Bones to make stock

Stew Meat

1/2 cup pearly barley (HEB has it) or brown rice

1 cup uncooked penne pasta

Spices:

- 1 bay leaf
- 1 tsp Herbs Provence or fresh thyme and oregano
- 2 Tbsp. of Spike (at HEB)
- 1/4-1/2 tsp red pepper flakes

Vegetables:

- 2-3 small potatoes cubed
- 2 carrots sliced
- 1 small turnip cubed
- 2 stalks celery with leaves
- 1 large onion chopped
- 1 cup sliced cabbage or kale
- 1/2 cup sliced okra
- 2 cups canned or good homegrown tomatoes
- 1 ear of fresh corn cut off cob
- 1/4 cup chopped parsley or cilantro

Prepare beef stock as noted above, adding stew meat. Add pearly barley or brown rice after stock as cooked one hour.

To the meat and stock add the spices/herbs (add parsley and/or cilantro last 20 minutes), celery and onions. Cook on low for 15 minutes. Add potatoes, carrots, a turnip and cook for 10 minutes. Add tomatoes, corn cabbage, okra, and parsley. Then add the pasta and cook for about 10 more minutes. Adjust seasoning for salt. Then turn off heat, put on lid and let set for 30-40 minutes before eating to improve the flavor.

(Submitted by Sandy Llewellyn)