

Vegetable Beef Soup

Chef Jenn Magrey

Ledyard Winter Farmers Market

3 tablespoons olive oil

1.5-pounds bottom round beef– diced small

2 cups Carrots- small diced

2 cups Celery – diced

1 cup Onion Diced

1 cup diced waxy potatoes like red or Yukon gold

1 tsp Oregano, dried

1 Bay leaf, dried

Pinch of Red pepper flakes

1/2 tsp Rosemary, dried

1 Tbsp minced Garlic

1 -24-27 ounce can diced tomatoes

2 cups V-8 juice

8 cups Beef broth – 2 aseptic boxes, canned or homemade

1 cup each- frozen corn, peas and cut green beans

****Salt and pepper to taste (remember the V-8 and Beef Broth have sodium.)***

In a large soup pot, heat the oil over medium heat.

Add the beef and brown lightly, about 5 minutes, stirring to brown all sides

Keep beef in the pan. Then add the carrots, celery, potatoes, and onion along with the oregano, rosemary, bay leaf and red pepper flakes. Cook for 5 minutes, stirring to sweat the veggies. Add the garlic, tomatoes, V-8 juice and the beef broth. Bring to a light boil then reduce heat and simmer for 30 minutes on low.

Add the frozen veggies and bring to a light boil again and reduce to simmer for another 15-20 minutes.

***Taste for salt levels and add more if needed.**

If desired, add ½ cup barley during the broth and V-8 stage.