

Marie Saba

from my kitchen to yours

Vegetable Beef Soup

Serves 4

Ingredients:

- 1 lb. (454 g) lean grass-fed ground beef
- 2 cloves garlic, minced
- 14.5 oz. (411 g) chopped celery, carrot and onion (about 1/2 cup each)
- 15 oz. (425 g) tomato puree
- 1 Tablespoon (11 g) brown sugar, packed
- 1 Tablespoon (15 mL) Worcestershire sauce
- 4 cups (907 g) beef broth
- 1 bay leaf
- 1 cup (140 g) frozen green beans
- Salt and pepper, to taste

For serving: pesto, grated Parmesan cheese, warm bread



Instructions:

1. Heat a medium pot or Dutch oven over medium-high heat. Add beef and cook, breaking beef into small pieces with a wooden spoon, until browned and cooked through, about 6 minutes.
2. Add garlic, carrots, onion and celery. Cook about 5 minutes, stirring occasionally. Add tomato puree, sugar, Worcestershire sauce, broth, bay leaf and green beans. Stir to combine. Simmer over medium heat for 15 to 20 minutes, or until veggies are soft.
3. Season with additional salt and pepper as needed. Serve warm with grated parmesan cheese, pesto, and warm bread, if desired.

Make-Ahead Tip: Allow soup to cool completely. Portion into freezer-safe containers, leaving about 1-inch at the top for expansion. Soup can be stored in the freezer for 2-3 months. Thaw overnight in the refrigerator and then reheat to desired temperature.

YouTube: Marie's Kitchen

Website: MarieSaba.com

Email: Marie@MarieSaba.com