

BEEF VEGETABLE SOUP

INGREDIENTS

2 pounds chuck roast, cut in cubes

8 cups water

3 tbsp olive oil

1 large onion

2 carrots chopped

1 tsp celery salt

1/2 tsp pepper

3 tbsp tomato paste

1 beef bouillon

1 cup cauliflower florets

1 small zucchini, chopped

1/4 cup fresh lemon juice

1 large egg, beaten

1/4 cup parsley

14.5 oz. diced tomatoes

PROCEDURE

Cook the beef: Add the beef and water to a large pot. Bring to a boil over medium high heat. Once the broth starts to boil, remove all the impurities from the top. If you do not, you will get a cloudy dark soup, instead of a nice clear broth.

Reduce to a simmer, cover the pot, and cook for about 1 1/2 to 2 hours. You need to cook this until the beef is tender. Once the beef is done remove it from the broth, keep the broth.

Sauté veggies: In a large Dutch oven, heat the olive oil over medium high heat. Add the onion, carrots, celery and sauté until tender, about 5 minutes. Season with salt and pepper. Stir in the tomato paste and the diced tomatoes. Add the beef bouillon

Add beef, cauliflower, and beef broth. Bring to a boil, then turn down the heat to a simmer and cook for about 30 minutes.

Add Zucchini, lemon juice and cook for 10 more minutes or until the zucchini is tender.

Add egg: Pour the egg mixture into the soup and quickly stir. You will notice the soup thickening up a bit, the egg will cook instantly.