



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

VEGETABLE BEEF SOUP

1 tablespoon olive oil	1 1/2 teaspoons Italian seasoning
2 pounds beef stew meat	1 bay leaf
salt and pepper to taste	7 cups beef broth
1/2 cup onion chopped	2 cups Russet potato peeled and cut into 1/2 inch pieces
3 carrots peeled, halved and sliced	1/2 cup frozen corn
2 stalks celery sliced	1/2 cup frozen peas
2 teaspoons minced garlic	3/4 cup frozen cut green beans
28 ounce can diced tomatoes (do not drain)	2 tablespoons chopped parsley

1. Heat the olive oil in a large pan over medium high heat. Season the stew meat with salt and pepper to taste.
2. Place half of the meat in the pan in a single layer. Cook for 3-4 minutes per side or until browned.
3. Repeat the process with the remaining beef. Place the meat on a plate and cover to keep warm.
4. Add the onion, carrot and celery to the pan. Cook for 4-5 minutes or until softened. Add the garlic and cook for 30 seconds.
5. Add the beef back to the pot along with the tomatoes, Italian seasoning, bay leaf and beef broth. Bring to a low simmer.

6. Simmer for 60 minutes or until beef is tender.
7. Add the potatoes to the pot and cook for an additional 20 minutes or until tender.
8. Stir in the corn, peas and green beans. Cook for 5 minutes. Season the soup to taste with salt and pepper.
9. Discard bay leaf. Sprinkle with parsley and serve.

Makes 6 servings.

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