

Beef Vegetable Soup

(from the kitchen of Jenilee Lemmon)

18 (1 ½ cup) Servings

You'll Need:

- 1 pound lean, beef roast or round steak,
trimmed of fat and bone
cut into ½ inch cubes
- *Defatted broth from cooking roast
or steak above
- 5 cups unseasoned liquid from cooking
vegetables, such as potatoes for
mashing, and liquid from canned
vegetables. (I freeze these in layers
in freezer boxes.) **OR** use 5 cups water
- 2 cups sliced celery
- 1 pound carrots, peeled and sliced
- 1 pound Cabbage, chopped into ½ - ¾ inch pieces
(about 5 ½ cups)
- ¼ cup dried, minced onion
- 2 Tablespoons dried parsley flakes
- 1 Tablespoon Worcestershire sauce
- 3 cups potatoes cut into ½ inch cubes
- 1 (1 pound) can green beans
- 1 (11-oz) can yellow whole kernel corn, low sodium
- 1 (46-oz) can Lightly Tangy V-8 Juice
- 1 (46-oz) can no-salt-added tomato juice

Take out:

- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Baking dish for cooking roast, steak
- Large Dutch oven or stockpot
- Vegetable peeler
- Paring knife
- Can opener

Directions:

1. Wrap roast or round steak, that has been trimmed of outside visible fat, in foil and place in baking dish or pan. Cook in 400 degree oven until done. Drain liquid into container, cover, and refrigerate overnight. Wrap cooked meat in plastic wrap; refrigerate overnight.
2. Remove solidified fat from top of meat broth. Trim fat and bone from meat. Cut meat into ½ inch cubes.
3. Heat 5 cups unseasoned liquid in large Dutch oven or cooking pot. Added defatted meat broth and cubes of meat.
4. Wash cutting board and knife.
5. Wash and prepare vegetables using clean cutting board and knife.
Prepare and add vegetables and seasonings in order given above. Simmer until vegetables are tender.

6. Add V-8 and tomato juice; heat through and serve. At this point, I add a portion of the juices to a portion of the soup mixture to make the amount I think will be eaten at this first meal. I add the remainder of the juice to the rest of the soup mixture and pour in shallow containers (or tall thin containers) to cool in the refrigerator where air can circulate around each side of each container for quick cooling. I usually add a few ice cubes to each container also.

QUICK COOLING IS VERY IMPORTANT FOR FOOD SAFETY. If plan to freeze some of the soup, I do not add the potatoes until I serve the soup. When the potatoes are frozen in the soup, they take on a different texture that I don't like as well. It only takes a few minutes to cook cubed potatoes; so it's worth the extra trouble to me.

Calories: 145
Carbohydrate: 22
Fat: 3 grams
Sodium: 266
Protein: 7 grams

Exchanges: 2 Vegetables, 1 Starch, 1 Meat (lean)

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

The Arkansas Cooperative Extension Service offers its Programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Equal Opportunity Employer.