

Slow-Simmered Brisket and Veggie Soup - A Soup Lover's Dream

Brisket Veggie Soup (By M. Moller)



TIME
20 min

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INGREDIENTS

1 to 1.5 lbs cubed brisket, preferably marbled
Several cups water or beef broth
2-3 tsp minced garlic
1 large onion, diced (plus more for the veggie layer)
Salt and pepper, to taste
1 small can tomato sauce
1 tbsp beef base or bouillon paste
Add Later:
2 carrots, diced
1 bell pepper, diced
¾ cup fresh green beans, chopped
2 stalks celery, diced
1 cup cabbage, diced
1 large tomato, diced
1-2 potatoes, peeled and diced
Extra pepper, to finish

DIRECTIONS

1. Simmer the Brisket: In a large stockpot, combine brisket, water or beef broth, minced garlic, one diced onion, tomato sauce, beef base, and salt & pepper.
2. Bring to a simmer and cook gently for about 2 hours, or until brisket is very tender.
3. Add Fresh Veggies: Add carrots, celery, green beans, bell pepper, and another handful of diced onion. Simmer until vegetables are partially tender, about 15-20 minutes.
4. Add Cabbage, Tomato & Potatoes: Add cabbage and simmer for a few minutes. Then stir in diced tomato and potatoes. Season with extra pepper and cook for another 10 minutes, or until potatoes are just fork-tender.
5. Tip: Remove from heat once potatoes are done so they don't break down.

SWAPS & NOTES

& Swaps Brisket : Buy pre-cubed brisket if available; chuck roast also works in a pinch.

Beef Base : Better Than Bouillon beef paste is a favorite, but bouillon cubes work too.

Tomato Sauce : Adds depth to the broth without making it too tomato-heavy.

Potatoes : Add them last to avoid mushiness-they should hold their shape. ???

