

Hearty Vegetable Beef Soup: Your Ultimate Comfort Food Bowl

-perfect for using up whatever vegetables you have on hand. It's wonderfully



TIME
5-7 min

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INGREDIENTS

- 1 tablespoon olive oil
- 1.5 pounds beef stew meat, cut into 1-inch cubes
- 1 large yellow onion, chopped
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 8 cups beef broth
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 (6-ounce) can tomato paste
- 1 cup frozen mixed vegetables (peas, corn, green beans, carrots)
- 1 large potato, peeled and diced into 1/2-inch cubes
- 1 bay leaf
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- Salt and freshly ground black pepper to taste
- Optional garnish: Fresh parsley, chopped

DIRECTIONS

- 1. Brown the Beef:** In a large Dutch oven or a heavy-bottomed pot, heat the olive oil over medium-high heat. Add the beef stew meat in a single layer (cook in batches if necessary to avoid overcrowding). Cook for 5-7 minutes, turning occasionally, until nicely browned on all sides. Remove the beef from the pot and set aside.
- 2. Sauté Aromatics:** Reduce the heat to medium. Add the chopped onion, carrots, and celery to the pot. Cook for 8-10 minutes, stirring occasionally, until softened. Stir in the minced garlic and cook for another minute until fragrant.
- 3. Add Liquids & Seasonings:** Return the browned beef to the pot. Stir in the beef broth, diced tomatoes (undrained), tomato paste, bay leaf, dried thyme, dried oregano, salt, and black pepper. Stir well to combine, scraping up any browned bits from the bottom of the pot.
- 4. Simmer:** Bring the mixture to a boil, then reduce the heat to low, cover the pot, and let it simmer for 1 to 1.5 hours, or until the beef is very tender. This long simmer allows the beef to break down and the flavors to deepen.
- 5. Add Remaining Vegetables:** After the beef is tender, stir in the frozen mixed vegetables and the diced fresh potato. Bring the soup back to a simmer and cook for another 15-20 minutes, or until the potatoes are tender.
- 6. Season & Serve:** Remove the bay leaf. Taste the soup and adjust seasonings as needed (you might need more salt or pepper). Ladle hot soup into bowls. Garnish with fresh chopped parsley if desired. Serve

immediately with crusty bread.

SWAPS & NOTES

Beef: Beef stew meat (like chuck roast) is ideal as it becomes wonderfully tender when simmered.

You can also use ground beef for a quicker version (brown it and drain excess fat before adding other veggies).

Vegetables: This recipe is incredibly flexible!

Feel free to add or swap in other vegetables like green beans, corn, zucchini, spinach (add at the very end), or even a handful of cabbage.

TIPS FOR SUCCESS

Brown the Beef Thoroughly: Don't skip this step!

Browning the beef creates a rich, complex flavor base for your soup.

Low and Slow Simmer: Allowing the soup to simmer for an extended period is key for tender beef and deep, melded flavors.

Add Vegetables in Stages: Adding root vegetables (carrots, potatoes) earlier allows them to soften, while delicate frozen mixed vegetables are added later to prevent them from becoming mushy.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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