

Vegetable Beef Soup

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: 45 minutes

Serves: 8

CChints: This soup can simmer for 45 minutes or longer if you wish. Soup will taste better the second day because the seasonings have more time to flavor the soup. The okra adds great flavor to this soup, but if you don't care for okra, you can substitute frozen cut green beans or peas. If you can't wait for the vegetables to thaw, you can put them in a microwave safe bowl and cook for 1 to 2 minutes until thawed. If you add them to your soup frozen, it will bring down the temperature of your soup which will take the soup a little longer to boil. Also, if you do not have V-8 juice you can substitute a can of diced tomatoes with any vegetable flavoring. Put it in the blender or food processor to make a puree.



1 medium onion, diced	2 cups water
2 stalks of celery, diced	1 teaspoon dried basil
2 carrots, peeled, diced	1/2 teaspoon dried oregano
2 tablespoons olive oil	1/2 teaspoon dried thyme
1-1/2 pound beef stew meat cut into bite size pieces	1/2 cup barley or brown rice
1/2 teaspoon salt	14 ounce can blackeyed peas or black beans, rinsed and drained
1/4 teaspoon pepper	16 ounce frozen cut okra, thawed
2 tablespoons wheat or white flour	1 cup frozen corn, thawed
3 gloves minced garlic, fresh or from a jar	3 bay leaves
15 ounce can petite diced tomatoes	
2 cup V-8 juice	
2 14 ounce cans fat free, reduced sodium chicken broth	Serve with bread sticks or cornbread
1/2 teaspoon salt and pepper	

Prep the first 3 vegetables and set aside. Heat the oil in a 6 quart soup pot or Dutch oven over medium heat. While you are waiting for the pan to heat up locate a plastic bag or bowl large enough to hold all the meat. Salt and pepper the meat and put it in the bag. Add the flour, seal the bag and toss it to coat the meat. Add the meat to the pan and cook for 6 minutes, turning the meat every minute or so to brown it on all sides.

Add the onion, celery and carrots to the pan and cook 5 minutes, scraping the bottom of the pan to loosen any brown bits. Add the garlic and cook for 1 minute. Stir in the tomatoes through the okra and drop in the bag leaves. Cover the pot, reduce the heat and allow it simmer for 45 minutes. Stir every 10 to 15 minutes. Discard the bay leaves when the soup is done.

During this time, make your cornbread according to package directions. You can buy breadsticks already baked or make a quick cooked version from a can of dough from your supermarket's refrigerator dough case.

Caroleicious! Enjoy!