

The easiest beef and vegetable soup

Preparation time **20 minutes**

Cooking time **1 hour**

Serves **4**

INGREDIENTS

800g of chuck or gravy beef, diced

1 x 400g tinned tomatoes

3 sticks of celery, chopped small

2 carrots, peeled & chopped small

1 onion, peeled & chopped small

1 leek, chopped small

1 chilli (if you like a little heat)

2 cloves of garlic, chopped small

2 lts of vegetable or chicken stock

fresh parsley

salt & pepper

optional: a small pasta such as ditali lisci (from the Barilla brand)

METHOD

1. Peel & chop up all of your vegetables.
2. Heat a stock pot on the stove and add a little olive oil.
3. Once the oil is heated, add all of the vegetables, salt & pepper and sweat them off for about 5 minutes until they are a little soft.
4. Add the tinned tomatoes and stir through the vegetables.
5. Pour in the vegetable or chicken stock, replace the lid to the pot and bring to the boil.
6. Once boiled, reduce the heat to a simmer and add the diced chuck or gravy beef.
7. Allow to simmer for 50 minutes.
8. Serve with a little fresh parsley.

Optional

While the soup is simmering, you can cook the little pasta, drain and leave until the soup is ready. Once you have served up the soup you can add the cooked pasta to the soup. This is one of the most heartiest, enriching & soul soaring soups ever. The world seems ever so wonderful after you have eaten this soup.

Enjoy!

WITH COMPLIMENTS FROM

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gourmet meat kitchen