

Vegetable Beef Soup

When the vegetables came in late summer, I would make this soup using all fresh vegetables. You can not have a better tasting vegetable soup then this one. It is my personal favorite.

1-1/2 lb. beef, cubed
1/4 cup flour
8 to 12 fresh tomatoes, skins removed OR
4 (14.5 oz.) cans whole tomatoes, sliced
2 to 4 cups water
1 medium onion, diced
2 green peppers, cut into 1-inch cubes
6 carrots, sliced
3 stalks celery, sliced
10 oz. corn, fresh or frozen
10 oz. peas, fresh or frozen
10 oz. lima beans, fresh or frozen
10 oz. string beans, fresh or frozen
3 cups cabbage, shredded
1/4 cup fresh parsley, chopped OR
1 Tb. parsley flakes
salt and pepper to taste



Fry beef in 5-quart Dutch oven until brown, if fatty, drain off fat.
Add onion and cook 2 minutes more.
Add flour and brown flour slightly. Add tomatoes and 2 cups water; simmer.
First, add carrots and cook 1/2 hour.
Then add green pepper and celery, bring to simmer.
If corn, peas, lima or string beans are fresh, add one at a time and let soup simmer in-between.
If frozen vegetables are used, add all of them and then let the soup come to a simmer.
Add cabbage and parsley last. Season to taste.
Simmer soup on low heat until all vegetables are tender. Stir occasionally.
Add water as needed throughout recipe. 5-quart Dutch oven should be filled to the top.

Yield: 8 to 10 servings.

NOTE: To remove skins from tomatoes. Place tomatoes in sink with drain closed. Pour boiling water over the tomatoes and let stand 2 minutes or until skins crack. Drain water and rinse tomatoes with cold water. Peel off skins and slice into soup.