



# HEARTY BEEF AND VEGETABLE SOUP

## INGREDIENTS

- 2-4 tablespoons canola oil
- 4 pounds beef stew meat
- 8 medium onions (2-¼ pounds) halved and thinly sliced
- 12 cups of water
- 1 can (28 ounces) diced tomatoes, undrained
- 1 (15 ounces) tomato sauce
- 1-½ cups worcestershire sauce
- ½ cup beef bouillon granules
- 12 medium red potatoes (about 3-½ pounds), cubed
- ½ large head cabbage, chopped
- 1 pounds carrots, thinly sliced
- 6 celery ribs, thinly sliced (3 cups)
- 3 cups (about 15 ounces) frozen corn
- 3 cups (about 12 ounces) frozen pear
- 3 cups (about 12 ounces) frozen pear
- 3 cups (about 12 ounces) frozen cut green beans
- 1-½ cups (about 15 ounces) frozen lima beans
- 1 bay leaf
- 3 teaspoons dried thyme
- 1 teaspoon salt
- 1 teaspoon pepper
- 1-½ cups (6 ounces) frozen sliced okra

**SERVES: 26, 1-½ CUPS  
EACH**

## DIRECTIONS

1. In a large stockpot, heat 1 tablespoon oil over medium heat. Brown beef in batches, adding additional oil as necessary. Remove with a slotted spoon. Add onions to drippings; cook and stir until tender. Discard drippings; return beef to pan. Stir in water, tomatoes, tomato sauce, Worcestershire sauce and bouillon. Bring to a boil. Reduce heat; simmer, covered, 45 minutes.

2. Stir in potatoes, cabbage, carrots, celery, corn, peas, green beans, lima beans and seasonings. Return to a boil. Reduce heat; simmer, covered, 35 minutes. Stir in okra; cook 15-20 minutes longer or until beef and vegetables are tender. Discard bay leaf.

