

Foodnity Recipes

# Ultimate Vegetable Beef Soup Recipe – Hearty & Cozy

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| **20 min**<br>Prep time | **1 h 30 min**<br>Cook time | **1 h 50 min**<br>Total time |
| **6**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 2 lbs beef chuck roast, cut into bite-sized pieces
- [ ] 2 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 3 large carrots, peeled and chopped
- [ ] 3 celery stalks, chopped
- [ ] 3 medium potatoes, peeled and cubed
- [ ] 1 cup frozen peas
- [ ] 1 (14.5 oz) can diced tomatoes
- [ ] 8 cups beef broth
- [ ] 1 tsp dried thyme
- [ ] 2 bay leaves
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped (for garnish)

## Instructions

1. Heat olive oil in a large pot over medium-high heat. Add the beef in batches and brown on all sides. Remove and set aside.
2. In the same pot, add onions, garlic, carrots, and celery. Sauté until softened, about 5 minutes.
3. Return the beef to the pot. Add potatoes, diced tomatoes, beef broth, thyme, and bay leaves. Bring to a boil, then reduce heat and simmer for 1 hour.
4. Add frozen peas and simmer for another 15 minutes. Season with salt and pepper to taste.
5. Remove bay leaves and discard. Garnish with fresh parsley before serving.

### Nutrition per serving

| 350 kcal | 30 g | 25 g | 15 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Tips & notes**

- For extra flavor, degrease the pot after browning the beef.
- You can use a slow cooker for this recipe. Brown the beef first, then add all ingredients and cook on low for 6-8 hours.
- This soup tastes even better the next day as the flavors meld together.