

Foodnity Recipes

Vegetable Beef Soup Recipe (Fall-Apart Beef!)

20 min Prep time	**1 h 30 min** Cook time	**1 h 50 min** Total time
6 Servings	**Easy** Difficulty	**American** 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 large potatoes, peeled and chopped
- [ ] 2 celery stalks, chopped
- [ ] 6 cups beef broth
- [ ] 1 can (14.5 oz) diced tomatoes
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] 2 bay leaves
- [ ] Salt and pepper to taste
- [ ] 1 tbsp Worcestershire sauce
- [ ] Fresh parsley, chopped (for garnish)

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the beef and cook until browned on all sides. Remove the beef and set aside.
2. In the same pot, add the onions and garlic. Sauté until soft and fragrant, about 5 minutes.
3. Add the carrots, potatoes, and celery to the pot. Stir to combine with the onions and garlic.
4. Pour in the beef broth and add the diced tomatoes, thyme, rosemary, bay leaves, and Worcestershire sauce. Stir well.
5. Return the beef to the pot. Bring the soup to a boil, then reduce the heat to low. Cover and let it simmer for about 1 hour, or until the beef is tender.
6. Taste and adjust the seasoning with salt and pepper as needed. Remove the bay leaves before serving.
7. Ladle the soup into bowls and garnish with fresh parsley. Serve hot with crusty bread on the side.

Nutrition per serving

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

Tips & notes

- For extra flavor, you can add a splash of red wine when browning the beef.
- If you prefer a thicker soup, you can add a cornstarch slurry at the end.
- This soup tastes even better the next day, as the flavors have more time to meld together.