

Foodnity Recipes

Vegetable Beef Soup Recipe for Cozy Winter Meals

20 min Prep time	**2 h** Cook time	**2 h 20 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

The Base

- [ ] 2 lbs beef chuck, cut into 1-inch cubes
- [ ] 3 tbsp vegetable oil
- [ ] 1 large onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp tomato paste

The Vegetables

- [ ] 4 medium carrots, sliced into rounds
- [ ] 3 stalks celery, sliced
- [ ] 3 large potatoes, peeled and cubed
- [ ] 1 cup frozen peas

The Liquid and Seasoning

- [ ] 8 cups beef broth
- [ ] 1 tsp dried thyme
- [ ] 2 bay leaves
- [ ] Salt and black pepper to taste
- [ ] 1/4 cup fresh parsley, chopped

Instructions

1. Pat the beef dry with paper towels and season generously with salt and pepper. Heat oil in a large pot over medium-high heat. Brown the beef in batches, making sure not to crowd the pan, until each piece has a deep brown crust. Remove beef and set aside.
2. In the same pot, add the onion and celery. Sauté for about 5 minutes until softened. Stir in the minced garlic and tomato paste, cooking for another 2 minutes until the paste darkens slightly and smells fragrant.
3. Pour in the beef broth, scraping the bottom of the pot with a wooden spoon to release all those brown bits—that's where the flavor is! Stir in the thyme, bay leaves, and return the browned beef to the pot.
4. Bring the soup to a boil, then immediately lower the heat to a very gentle simmer. Cover and cook for about 1 hour.
5. Stir in the carrots and potatoes. Cover again and simmer for another 45-60 minutes, or until the beef and vegetables are perfectly tender.
6. Stir in the frozen peas and cook for just 2-3 minutes. Remove the bay leaves, stir in the fresh parsley, and adjust salt and pepper to your liking.

Nutrition per serving

410 kcal	38 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an even deeper flavor, you can use a mix of beef broth and a bit of water to keep the salt from becoming too concentrated.
- If you prefer a thicker soup, mash a few of the cooked potato cubes against the side of the pot and stir them back in.
- Always store the soup in the fridge for 24 hours if you have the time; the flavor truly evolves overnight.