

Vegetable Beef Soup



1 tablespoon olive oil
1 lb. beef stew meat, cut into 1 inch cubes
1 large onion, chopped
3 cloves garlic, minced
¼ cup carrots, diced
¼ cup celery, diced
3 to 4 Yukon gold potatoes, cubed (peel if desired)
1 28-oz. can diced tomatoes, with juice
1 tablespoon Worcestershire sauce
5 cups beef broth
2 bay leaves
1 tablespoon Italian seasoning
1 tablespoon fresh parsley
Salt and pepper to taste

Heat oil in a large pot and add steak; cook until browned on both sides, about 2 to 3 minutes. Remove from pan and set aside.

Add in onion, garlic, carrots, celery and potatoes. Sauté for 3 to 4 minutes, stirring occasionally.

Add remaining ingredients and steak. Bring to a boil and simmer for 25 to 30 minutes.

Season with salt and pepper to taste.

Recipe submitted by
Sandy Faber
Marketing Manager



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