

Vegetable Beef Soup

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Total Time	About 2 hours 20 minutes
Prep Time	20 minutes
Cook Time	About 2 hours
Rating	★★★★★ (161)

A lighter version of [beef stew](#), this soup has all the makings of a cold-weather comfort meal: hunks of potatoes, a mix of hearty vegetables, and tender, fall-apart beef that's been slowly cooked in a tomatoey broth. Stew meat, a diced mix of various cuts of beef, is the easiest and most economical option, but that can be swapped with singular cuts, including chuck, round or brisket. If you have a bottle of wine already open or are planning to drink it with the meal, pour in a little here to release the browned bits from the bottom of the pot and add a depth of flavor; if not, water or more beef stock works, too. Sprinkle each serving with crushed butter crackers or serve with a wedge of [cornbread](#).

INGREDIENTS

Yield: 6 servings

1½ pounds beef stew meat
Kosher salt and pepper
2 tablespoons vegetable oil
1 small onion, diced
2 large celery stalks, diced
4 large garlic cloves, chopped
4 sprigs fresh thyme or ¾ teaspoon dried thyme
2 tablespoons tomato paste

PREPARATION

Step 1

Pat beef dry with paper towels. If necessary, cut into equal-size pieces (about 1½-inch cubes). Season generously all over with salt and pepper.

Step 2

Heat 1 tablespoon of the oil in a large Dutch oven or heavy-bottomed pot over medium-high. Add half of the beef in a single layer. Cook until browned on one side, about 3 minutes. Flip beef and brown the second side, 2 to 3 minutes more. Remove to a plate. Repeat with the remaining 1 tablespoon oil and the remaining beef, transferring to the plate when finished.

½ cup dry red wine (optional), or
use water

1 (14-ounce) can diced
tomatoes

1 quart low-sodium beef stock
or broth

2 medium russet potatoes
(about 1 pound)

2 cups chopped mixed
vegetables, such as green
beans, corn, peas and carrots,
frozen (unthawed) or fresh (see
Tip)

½ cup chopped fresh chopped
parsley, plus more for serving
Butter crackers, for serving
(optional)

Step 3

Stir onion and celery into the pot. Cook, stirring frequently, until starting to soften, about 3 minutes. Add garlic and thyme; cook, stirring, for 1 minute. Stir in tomato paste and cook for 1 minute.

Step 4

Pour in wine and bring to a boil, scraping the bottom of the pot to release any browned bits. Add tomatoes and their juices, the beef, beef stock, 2 cups water and 1½ teaspoons salt. Bring to a boil, then reduce heat to a very low simmer. Cover and simmer for 1 hour 15 minutes, occasionally opening the lid to stir and adjusting the heat as needed to maintain a low simmer.

Step 5

Meanwhile, after the soup has simmered for 1 hour, peel the potatoes and chop them into 1-inch cubes. After soup has simmered for 1 hour 15 minutes, stir in the diced potatoes; cover and cook the soup for an additional 15 minutes.

Step 6

Stir in the frozen vegetables and return to a simmer. Cook until the vegetables are just tender, 7 to 10 minutes more. Stir in parsley. Season to taste with salt and pepper.

Step 7

Spoon the soup into bowls and serve with a sprinkling of parsley and crushed butter crackers. Once cool, soup can be transferred to an airtight container and refrigerated for up to 4 days or frozen for up to 3 months.

TIP

Frozen, pre-chopped vegetables streamline this recipe since there's no chopping (or even thawing) involved. Adding a mixed bag is easiest, but a customized blend of individual bags can also be used. If opting for fresh, add the vegetables a few minutes earlier than the frozen ones to ensure they're tender at the same time as the meat and potatoes.

Private Notes

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