

Vegetable Beef Soup

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This Vegetable Beef Soup is a hearty and warming meal, filled with vegetables and beef in a flavorful broth. It's a delicious soup recipe that's perfect for Sunday dinner.

Prep Time	Cook Time	Total Time
35 mins	1 hr 45 mins	2 hrs 20 mins

Servings: 8 servings Calories: 281kcal

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Ingredients

- 2 tablespoons olive oil
- 2 pounds beef stew meat
- $\frac{3}{4}$ teaspoon Kosher salt or to taste
- $\frac{1}{2}$ teaspoon black pepper
- 1 $\frac{1}{2}$ cups chopped yellow onion
- 3 ribs celery chopped
- 2 tablespoons balsamic vinegar
- 4 cloves garlic minced
- 1 teaspoon Italian seasoning
- 1 teaspoon dried thyme
- 2 tablespoons tomato paste
- 4 cups low sodium beef broth
- 15 ounces diced tomatoes
- 1 bay leaf
- $\frac{1}{2}$ pound Yukon gold potatoes about 2 medium, chopped into $\frac{3}{4}$ -inch pieces
- 3 carrots chopped into $\frac{1}{4}$ -inch pieces
- 1 cup chopped green beans 1-inch pieces, fresh or frozen
- 1 cup frozen peas
- chopped fresh parsley optional, for serving

Instructions

1. Heat the olive oil in a large Dutch oven or other heavy pot over medium heat. Once hot, brown the beef in two batches, seasoning each half of the beef with half of the salt and pepper when you add it to the pot. Remove the meat to a clean plate.
2. Add the onion, celery and balsamic vinegar to the pot. Cook until softened, 4-5 minutes, stirring occasionally.
3. Add the garlic, Italian seasoning, dried thyme and tomato paste. Cook, stirring, for 1 minute.



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4. Add the beef broth, diced tomatoes, bay leaf and browned beef plus any juices from the plate to the pot. Stir. Bring the soup to a simmer, then reduce the heat to low so that it maintains a low simmer and cover the pot. Cook at a low simmer for 1 hour.
5. Stir in the potatoes, carrots and green beans. Cover and simmer until the carrots are tender, about 35-45 more minutes, adding the frozen peas during the last 5 minutes of cooking.
6. Remove and discard bay leaf. Taste and add more salt and/or pepper if needed. Serve soup garnished with chopped fresh parsley, if desired.

Notes

- The soup can be stored in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 3 months. Thaw frozen soup overnight in the refrigerator before reheating. Reheat in a covered pot on the stove over medium heat until hot, or heat in the microwave.

Nutrition

Calories: 281kcal | Carbohydrates: 18g | Protein: 30g | Fat: 9g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 70mg | Sodium: 572mg | Potassium: 1132mg | Fiber: 4g | Sugar: 7g | Vitamin A: 4257IU | Vitamin C: 25mg | Calcium: 84mg | Iron: 4mg

Nutrition information is only an estimate.



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