Vegetable Beef Soup (Jeanne’s recipe)

3x recipe

2 lb soup bone w/ meat meat -2.5 – 2.75 lbs and 2 lbs of soup bone

(The butcher told me they used short ribs – they were expensive – but gave a great deal of flavor)

2T fat

2 qts water

1 ½ T salt (I used less)

¼ t pepper

¼ C barley

1 C carrots

¼ C chopped onion

½ C chopped celery

2 C cooked tomatoes (I used diced canned) 4 cans of chopped tomatoes (14 oz w/liquid)

1 C fresh or froz peas or beans 2 pkgs Steamfresh green beans

2 C cabbage (I used less) 6 cups of cabbage

¼ C Alphabets (couldn’t find alphabets and used elbows)

Brown soup bone (with meat on). Place soup bones, water, seasonings and parsley (I just sprinkled some dried leaves) in soup kettle. Cover tightly and cook slowly for one hour. Add barley and cook one hour longer (I removed lid). If needed, cool and skim off excess fat. Remove soup bone, cut meat off. Add carrots, onion, celery, tomatoes, cabbage and alphabets. Cook 45 minutes. (My carrots took much longer to cook than anything else – I will precook them a little in the microwave next time) Add beans or peas and continue cooking 15 minutes. Makes 8 servings.

I made the three times recipe and guessed on a lot of the amounts. But, I know you have made lots of soup, so I figure you won’t have an issue.

Hope it’s good!