Hearty Beef & Vegetable Soup

Tender beef cubes, potatoes and vegetables in a savory tomato broth.



SERVES
8

PREP
20 min

COOK / ASSEMBLY
About 2 hours

Ingredients

- 2 lb beef chuck, cut into 3/4-inch cubes
- 2 tbsp olive oil
- 1 onion, diced
- 3 garlic cloves, minced
- 2 tbsp tomato paste
- 6 cups low-sodium beef broth
- 1 can (14.5 oz) diced tomatoes
- 1 tsp dried thyme
- 1 bay leaf
- 3 carrots, sliced
- 2 celery stalks, sliced
- 1 lb potatoes, diced
- 1 cup frozen peas
- Salt and black pepper, to taste

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How to Make It

1. Pat beef dry and season. Brown in oil in batches over medium-high heat, about 3 minutes per side; transfer to a plate.

2. Soften onion 5 minutes. Stir in garlic and tomato paste 1 minute. Add broth, tomatoes, thyme, bay leaf and beef, scraping the pot.

3. Simmer gently, partially covered, 60-75 minutes, until beef is nearly tender.

4. Add carrots, celery and potatoes. Simmer 25-35 minutes until vegetables and beef are tender. Add peas for the last 5 minutes.

5. Remove bay leaf and season. Add broth if you prefer a thinner soup.

Jane's Note

Let tenderness guide you; beef chuck needs a gentle simmer and time.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.