

U The Lexingtonienne U

CAROLYN'S BEEF VEGETABLE SOUP

- 2 T canola oil
- 2 to 2 1/2 lbs Eye of Round roast, cut into 1/2 inch cubes
- 2 C onion, chopped
- 1 C celery, chopped
- 2 C cabbage, sliced
- 1 lb carrots, peeled and chopped
- 1 (15 oz) can diced tomatoes
- 2 (5.5 oz) cans tomato juice
- 1 (32 oz) box Swanson's chicken broth
- 1 C frozen green beans
- 1 C frozen lima beans
- 1 C frozen corn
- Salt to taste
- Freshly ground black pepper (lots of this)

In a large Dutch oven or stock pot, brown beef in canola oil over high heat until caramelized. Salt lightly and pepper generously. Remove from pan. Add onions and saute over medium heat until soft, adding more oil if needed. Add celery, carrots, and cabbage, cooking until softened. Add beef back to the pot, along with tomatoes, tomatoes juice, and chicken broth. Add more freshly ground black pepper. Bring to a boil, then reduce heat to low, cover the pan, and cook for about one hour. Add green beans, lima beans, and corn, along with extra pepper and salt if desired. If extra liquid is needed, add more chicken broth, tomato juice, and/or water. Simmer for about 30 more minutes until all vegetables are tender.

