

Vegetable Beef Soup

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Makes 18 Servings

Blue – 1 cup, 2 points Purple – 1 cup, 1 point Green – 1 cup, 5 points

- 1 soup bone
- 1 lb beef cubes (stew meat, lean)
- 1 large onion, cut in quarters
- 2 stalks celery, cut into large pieces
- 1 fresh pot herb (can be found in the fresh herb section – it is a leek, chili pepper, parsley and thyme, tied together)
- salt and pepper to taste
- 2/3 cup pearl barley
- 1/2 large head of cabbage, chopped small (about 4-5 cups)
- 1 28 oz can crushed tomatoes
- 32 oz frozen mixed veggies
- 1 can white shoepeg corn, drained

1. In a large pot, place soup bone, onion, celery, pot herb, meat and enough water to fill the pot about 3/4 full. Bring to a boil and then let simmer for 1 hour.
2. Add cabbage, barley and crushed tomatoes. Bring back to a boil and then simmer for 30-40 minutes.
3. Remove bone, pot herb, celery and any large pieces of remaining onion

4. Add frozen mixed veggies, can of white corn and cook for about 30-40 more or until veggies are tender.
5. ***Take care not to break open the chili pepper when stirring, adding ingredients or removing at the end...it will get hot!***
6. I like to serve the soup with a tablespoon of ketchup stirred into each bowl – yes, I know, sounds crazy but it's DELISH and some nice crusty bread!