



Beef and Vegetable Soup

A super-easy delicious soup!

SERVINGS: 6-8

INGREDIENTS

2 ½ pounds beef rump
2 cups chopped celery
2 cups chopped carrot
1 cup chopped yellow onion
2 garlic cloves finely chopped
1 cup chopped flat leaf parsley
1-2 cinnamon sticks
3-4 cloves
2 pounds potatoes
Salt
Pepper
3 lemons

INSTRUCTIONS

- ◆ Wash the meat. Cut into cubes. Place in a saucepan with some salt, the juice from half a lemon and lots of water. The water should be about one and a half quarts. On medium-high heat let it cook for 20 minutes.
- ◆ Add the cinnamon and cloves. Let the soup cook for another 5 minutes. Reduce the heat to medium.
- ◆ Add all the chopped vegetables. The potatoes are peeled and cut into small cubes. Cover with a lid.
- ◆ Cook for another 30 minutes or until the meat and potatoes are soft. Remove the cinnamon sticks and cloves.
- ◆ Serve after squeezing fresh lemon over each serving of soup.