

1. GRANDMA RUBY'S HEARTY VEGETABLE AND BEEF SOUP

A rich, comforting soup filled with tender beef, hearty vegetables, and savory tomato broth — just like Grandma used to make.

Ingredients

- **1 tbsp** vegetable oil
 - **2 lbs** stew meat or beef shoulder, cut into 1-inch cubes
 - Salt and pepper, to taste
 - **32 oz** canned tomato sauce
 - **5–10** whole fresh or frozen tomatoes
 - **6 oz** can tomato paste
 - **4 cups** beef or vegetable broth
 - 1 yellow onion, chopped
 - **2–3** celery stalks, chopped
 - **1 tbsp** sugar
 - **1 ½ tsp** salt
 - **1 tsp** Worcestershire sauce
 - **1 ½ tsp** black pepper
 - **1 tsp** dried herb mix (parsley, basil, thyme, oregano)
 - **½ tsp** garlic powder
 - 1 bay leaf
 - 2 small potatoes (or other starchy root vegetables), diced
 - 2 carrots, kohlrabi, or radishes, chopped
 - **1 cup** green beans, trimmed and cut into 1 ½-inch pieces
 - **2 cups** chopped leafy greens (kale, chard, etc.)
 - Kernels from **2 ears corn** (about 1 cup)
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Instructions

- 1. Brown the Beef**
 - Heat oil in a Dutch oven over medium heat.
 - Season beef with salt and pepper, then cook until browned on all sides.
 - Remove beef from pot and set aside.
- 2. Sauté Vegetables & Spices**
 - Add onion, celery, and all dry spices to the pot.
 - Cook on low to medium heat until onions are soft and caramelized.
- 3. Build the Broth**
 - Stir in tomatoes, tomato sauce, tomato paste, and broth.
 - Return beef to the pot.
 - Bring to a boil, then reduce to a low simmer. Cook for **1 hour**.
- 4. Add Remaining Vegetables**
 - Add potatoes, carrots, green beans, leafy greens, and corn.
 - Simmer gently for another **1 hour**, until beef is tender and vegetables are cooked through.

5. **Serve**

- o Remove bay leaf before serving.
 - o Taste and adjust seasoning as needed.
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