

Soups & Sides

Vegetable Beef Soup

Makes 4-6 large servings

Prep. Time: 10 minutes

Ingredients

2-lb. roast, cut into bite-sized pieces, or 2 lbs. stewing meat

15-oz. can corn

15-oz. can green beans

1-lb. bag frozen peas

40-oz. can stewed tomatoes

5 beef bouillon cubes

Tabasco to taste

2 tsp. salt

1 large onion, whole

2 cups of sliced carrots

Slow Cooker Instructions

Slow Cooker Time: 8 hours

Ideal slow-cooker size: 5- to 6-qt.

Steps

1. Combine all ingredients in slow cooker. Do not drain vegetables.
2. Add water to fill slow cooker to within 3 inches of top.
3. Cover. Cook on Low 8 hours, or until meat is tender and vegetables are soft.

Variation 1:

Add 1 cup pearl barley.

Variation 2:

Add 2 cups of chunked potatoes

Dutch Oven Instructions

Ready for testing.