

Idiot's Kitchen Recipe – Steak Soup

Recipe from www.idiotskitchen.com – Adapted from the Plaza III



Ingredients:

- 2 pounds lean ground beef
- ½ stick (4 Tablespoons) butter
- ½ cup flour
- 8 cups hot water
- 2 Beef Bouillon Cubes
- 1 ½ teaspoons Kitchen Bouquet Seasoning Sauce
- 1 Large Onion – chopped
- 1 cup Carrots – chopped
- 1 cup Celery – chopped
- 2 cups (1 16 ounce package) frozen mixed vegetables
- 28 ounces diced canned tomatoes
- Salt & Pepper

Brown beef in a large soup pot working in small batches. Set each batch aside on paper towels to drain off any excess grease. When all the beef has been browned, melt ½ stick of butter in the pot. Blend in ½ cup of flour to make a roux scraping up the browned bits from the bottom of the pot.

Add 8 cups of hot water a little at a time stirring or whisking to remove all lumps. Simmer until smooth.

Return the browned beef to the pan. Add chopped onion, carrots and celery as well as 1 large (28 ounce can) of diced tomatoes and their juices. Season with 2 beef bouillon cubes, 1 ½ teaspoons Kitchen Bouquet Seasoning Sauce and salt and pepper. Bring soup to a boil then reduce heat to low and simmer covered for at least 1 hour.

After 1 hour, add 2 cups or 1 16 ounce bag of frozen mixed vegetables. Return soup to a simmer, cover and stir occasionally for at least 1 more hour. The longer the soup simmers, the better it will be.

Taste and re-season with salt & pepper as needed. Serve with warm crusty bread.