

COUNTRY STYLE BEEF SOUP

INGREDIENTS

2 pounds/908g beef soup bones, such as short ribs .No fat!
8 cups/ 1.9 L water
2 cups/ 480 ml low-sodium beef stock (gluten free if necessary)
2 sprigs thyme
3 bay leaves
2 Tbsp/ 30 ml extra virgin olive oil
2 onions, peeled and chopped
4 ribs celery, trimmed and chopped
2 cloves garlic, passed through a garlic press
2 cups/ 480 ml chopped fresh tomatoes
2 Tbsp/ 30 ml tomato paste
2 large carrots, peeled and chopped
2 parsnips, peeled and chopped
2 cups/ 480 ml shredded nappa cabbage
2 cups/ 480 ml turnip, peeled and chopped
1 cup / 240 ml frozen edemame
1 cup/ 240 ml butternut squash, peeled and cubed

PREPARATION

1. In a large stock pot, place ribs, water, beef stock, thyme and bay leaves. Bring to a boil and reduce heat. Cover and simmer for 1 to 2 hours.
2. Remove the pan from heat and let cool. Strain the stock into a large bowl through a sieve. Take any meat from the bones, shred it and return it to the soup .Discard the bones and other cooked ingredients.
3. In a Dutch oven heat olive oil over medium heat. Add onions, celery and garlic. Sauté' until onions become soft and translucent-about 8 minutes. Add cooked beef and broth, tomatoes, tomato paste, carrots and other vegetables .Bring mixture to a boil. Reduce heat and let simmer, covered, for 30 minutes. Serve hot.

NUTRITIONAL VALUE PER SERVING 10 servings

Calories: 140/ Calories from fat: 33/Protein: 4g/Carbs: 22g/Dietary fiber: 5g/Sugars: 2g/fat: 3g/Sodium: 339mg