

Beef and Vegetable Soup

Adapted from All Time Best Soups by Cook's Illustrated

Servings: 4

Ingredients:

- 1 lb. lean ground beef
- 1 onion, chopped
- 2 carrots, peeled and cut into 1/2-inch pieces
- 1 tsp. dried oregano
- 4 cups beef stock (homemade or store bought)
- 1 can (19oz) diced tomatoes
- 1 lb. potatoes, peeled and cut into 1/2-inch pieces
- 2 cups green beans, cut into 1-inch pieces
- Salt and pepper, to taste

Directions:

1. Sauté beef, onion, carrots and oregano together in a large pot until meat is no longer pink and onions are translucent, about 6 minutes.
2. Add stock, the entire can of tomatoes, including the juices, and potatoes. Bring to a boil, then reduce to a simmer and cook covered until the potatoes are almost tender, about 10 minutes.
3. Add green beans and cook until vegetables are tender, 10 minutes.
4. Add salt and pepper to taste and serve.

Notes:

This soup keeps very well because there are no grains or pasta to absorb the liquid and get mushy – perfect for Sunday meal prep for the week!

Feel free to add other vegetables or try different meats! I've omitted the green beans opting for celery addition in the first step, and using sausage instead of beef!