

Beef and Vegetable “Stone” Soup

<http://butcherblockco.com/blog/stone-soup/>

Recipe courtesy of Sarah Buchanan

- 50 oz. beef broth or stock
- 2 15-oz. cans diced tomatoes, with juice
- 2 lbs. stew beef
- 5 red potatoes
- 1 large onion
- 3 celery stalks
- ½ head of cabbage
- 4 green onions
- 1 Tbsp. lemon pepper
- 1 Tbsp. garlic powder
- Salt and pepper, to taste

Place a large stock pot on a burner on high. Add your beef stock and diced tomatoes with juice. Cut up your beef and add it to the pot.

Dice your potatoes, onion, and celery and add those to the pot. If at this point your mixture is boiling rapidly, turn the heat down a little, to medium-high.

Chop your cabbage and add to the pot.

Add your lemon pepper, garlic powder, salt and pepper.

Simmer for 15 minutes, then check the doneness of the meat. (It should be at least 160°F.) If it's cooked through, move on to the next step. If not, continue to simmer until the meat is done.

Taste your soup and add additional spices if desired.

Chop your green onions and add them to the pot. Simmer for another 10 minutes.

Serve hot (with crusty bread, if you've got it!).