



100% Grass Fed Beef and Natural Vegetables  
Yoder, WY  
[meadowmaidfoods.com/recipes](http://meadowmaidfoods.com/recipes) (307) 534-2289

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## *Easy Vegetable Beef Soup*

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This easy soup can be made in as little as 30 minutes, starting with broth that is already made, and if you use pre-cooked grains or pasta.

### **Ingredients**

1 quart beef stock or beef broth  
1/2 c. shredded roast beef  
2-3 cups diced vegetables, choose several:  
potatoes, carrots, celery, onions, tomatoes, mushrooms, green beans, corn, cabbage  
1-2 cups tomatoes, peeled and diced, or diced, canned tomatoes  
1 cup pasta (optional), pre-cooked or raw:  
orzo is great, also tortellini, macaroni, or egg noodles  
1 cup pre-cooked grain OR 1/2 cup raw grain (optional):  
either pearled barley or rice  
1 cup cooked beans (optional):  
pinto, or kidney, or soup beans, or split-peas, or lentil  
Seasonings:  
bay leaf;  
1/2 tsp. each of chopped rosemary, thyme, marjoram;  
chopped garlic or garlic powder to taste  
salt and pepper to taste

Note: Vegetables and grains may be used raw or pre-cooked. Soup is an excellent use for leftover steamed or sautéed vegetables, pasta, and grains.

### **Directions**

Heat your broth or stock in a 4-8 quart sauce pan.

Add raw, chopped vegetables and raw grain. Add seasonings according to taste. Stir well, bring to a boil, then reduce heat, cover and simmer. If necessary, add water to keep the soup brothy. Cook until grains and vegetables are tender.

Add beans, if desired, and any pre-cooked ingredients such as left-over roast beef, steamed vegetables, or pre-cooked pasta or rice. Adjust seasonings, if necessary, and simmer until all is heated through. Remove bay leaf prior to serving.

Serve soup with fresh, warm bread or crackers and a salad, if desired.