

Beef and Vegetable Soup

1 lb Stew meat, Sirloin Tips, ground beef, or cube steak cut into small pieces
1 T butter
3 medium size potatoes, diced
2 sweet potatoes, diced
1 medium sized onion, chopped
3 carrots, sliced
2 stalks celery (with leaves), chopped
1 cup fresh or frozen green beans
2 t. sea salt
3/4 t. thyme seasoning
1/16 t. cloves
1 bay leaf
5 cups water
½ - 1 lb grass-fed beef bones – optional if cooking longer in a slow cooker

Cook meat and onions with 1 T butter on medium- high heat (8-9) until brown and crispy. Cut up vegetables while meat is cooking. Add water, vegetables and seasonings. Bring to a boil. Stir and turn down to medium-low (3-4). Cook for at least one hour, or longer. Enjoy!

Variation with Boiling Beef

In a slow cooker: cook about 2.5 lbs boiling beef with ½ t. salt and ½ cup water for about 7 hours.

Cook onions with butter until soft and slightly browned. Add cut up vegetables, water (use 4 cups instead of 5 since using broth also) and spices. Cut up boiling beef. Remove bone and pieces of membrane and fat. (These can be saved and added to more bones to make bone broth.) Add to soup along with 1 cup of the broth from cooking the meat. Cook for a little less time – about 45 minutes.