



Beef Vegetable Soup

Makes 8 servings

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 ½ cups onion, diced
- 1 cup celery, diced
- 2 cups carrots, chopped
- 2 cups potatoes, diced
- ½ cup green pepper, diced
- 3 cloves garlic, minced
- 4 cups kale, torn and lightly packed
- 1 teaspoon fresh ground black pepper
- 1 teaspoon ground thyme
- 2 bay leaves
- 1 15-ounce can petite diced tomatoes, no salt added
- 8 cups low sodium beef broth
- 2 pounds roast beef cut into 1 inch cubes

Directions

1. Preheat oil in a large pot on medium high. Add the onion. Cook for 3 to 5 minutes.
 2. Add the celery, carrots and potatoes. Cook for 7 to 9 minutes.
 3. Add the green pepper. Cook for 2 to 4 minutes.
 4. Add the garlic. Cook for 1 to 3 minutes.
 5. Add the kale, black pepper, thyme and bay leaves. Cook for 5 to 7 minutes.
 6. Add the tomatoes, broth and beef. Lower heat to a simmer. Cook for 15 minutes or more.
 7. Remove bay leaves.
- *Option not included in nutrition facts.

