

# BEEF & COUNTRY VEGETABLE SOUP



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**Yield:** ± 7.5 kg

90 ml (6 Tbsp)	Oil, for frying
500 g (2 large)	Onions, chopped
100 g (1 large)	Leek, sliced
100 g (2 stalks)	Celery, sliced
800 g	Beef, stewing, cubed
600 g (3 large)	Potatoes, cubed
600 g (2 medium)	Sweet potatoes, cubed
500 g (1/3 medium)	Cabbage, shredded
300 g (3 medium)	Carrots, diced
410 g (1 can)	Tomatoes, chopped
5 L (20 cups)	Water
100 g (6 Tbsp)	Tomato paste
160 g (1 sachet)	<b>Beef &amp; Country Vegetable Soup R/P (08443024)</b>
10 g (2 Tbsp)	Fresh coriander, finely chopped

## METHOD:

Heat the oil in a large pot (10 litre). Fry the onions, leek and celery until soft and transparent. Add the beef and fry until browned. Add the potatoes, sweet potatoes, cabbage, carrots, tomatoes and half the water (2.5 L). Cover and simmer for ± 20 minutes, stirring occasionally. Add the tomato paste and remaining water. Add the Beef & Country Vegetable Soup R/P and mix through. Simmer for ± 30 minutes or until the vegetables and meat are soft. Use a large whisk to mash the soft cooked vegetables. Do not use a hand blender. Add the coriander and simmer uncovered until thickened.