

Quick-Fix Vegetable Beef Soup

From the Kitchen of [Deep South Dish](#)

INGREDIENTS

- 1 1/2 pounds beef sirloin tip steak
- 3 tablespoons cooking oil
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 1 cup chopped potato
- 1/2 tablespoon chopped garlic
- Kosher salt and freshly cracked black pepper, to taste
- 1/4 to 1/2 teaspoon of Creole or Cajun seasoning (like Slap Ya Mama) or to taste, optional
- 4 cups water
- 4 cups beef stock or broth (Kitchen Basics recommended)
- 2 teaspoons beef base (like Better than Bouillon), or bouillon
- 1 (14.5 ounce) can diced tomatoes
- 1/2 cup frozen corn
- 2 cups frozen mixed vegetables
- 1 tablespoon dried parsley
- 2 cups dried egg noodles, cooked

INSTRUCTIONS

1. Heat oil in a tall soup pot over medium high heat. Cut steak into bite size pieces. Add to oil and cook over medium high until nicely browned, about 10 minutes.
2. Add onion, celery, carrots and potatoes and sauté for about 5 minutes. Add garlic and cook another minute.
3. Add the salt, pepper, Cajun seasoning, water, beef stock, beef base, tomatoes; bring just up to a boil.
4. Add the frozen vegetables, return to a boil, reduce heat and simmer for about 20 minutes, or until vegetables are tender.
5. Stir in parsley, taste and adjust seasonings as needed, and hold over low heat until serving.
6. Meanwhile, prepare egg noodles separately, spoon cooked noodles into a serving bowl, and ladle the soup on top.

NOTES:

For Braising Roast: When using a braising roast, I highly recommend the addition of beef bones. You'll want about a pound. To substitute a braising roast or stew meat, sear off the bones if using, then the meat first, remove and set aside while you cook the onion, carrots and celery. Add water, increase broth to 6 cups and add seasoning, bring to a boil, return whole roast to pot, cover and simmer for 1-1/2 to 2 hours, or until roast is tender. Remove and tear or cut into bite-sized pieces or chop and return to soup pot with the potato, corn, vegetables and parsley; cook until potatoes are tender. Taste and adjust seasonings. If you prefer to hold the soup on a simmer for awhile, wait to add the potatoes until about 20 minutes before serving.

Cook's Notes: You can use whatever frozen veggies you like, just taken into account some take longer to cook than others - like frozen butter beans for instance - so, unless they are precooked and leftover, plan accordingly as you are adding the vegetables to your soup.

For an added layer of flavor, roast off some beef bones. Preheat oven to 400 degrees F. Toss the bones in oil and roast, turning about every 15 minutes, for about 40 to 45 minutes or until nicely browned. Take care not to burn the bones as they will make the stock bitter. Remove, transfer the bones and any drippings to the soup pot.

Alternatively you may also cook the noodles to the soup. They tend to absorb a great deal of the liquid however, so I personally prefer cooking them separately and serving the soup on top of them in individual serving bowls. If you use regular bouillon in place of beef base, adjust added salt in the recipe.

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