



Beef & Vegetable Soup

- 2 large meaty soup bones
- 3 garlic cloves, smashed
- 1/4 medium yellow onion
- 3 celery stalks with leaves, sliced
- 8 cups water
- 1 1/2 tablespoons better than bouillon beef base
- 1 cup shredded cabbage
- 1 cup thawed peas and carrots
- 1 cup thawed corn kernels
- 1 cup diced butternut squash
- 1 handful baby spinach leaves
- 1/2 cup orzo pasta
- 2 teaspoons dried oregano
- Salt & Pepper

Rinse the soup bones and place them in a stockpot. Add the water, smashed garlic cloves, celery stalks including leaves and onion.

Bring pot to a boil and cook beef stock for one hour. Skim away all the rendered foam and fat. Remove the meat, garlic, onion and celery. Set the meat aside and discard the garlic, onion and celery. Add more water to the pot if you had too much evaporation. Add the beef base and mix well, bringing back to a simmer. Add the squash and cook for

10 minutes. Add the cabbage, carrots, peas, corn and oregano. Cook for another 20 minutes.

Separate the meat from the bone and cut into large dices. Return the meat to the pot. Add the orzo and the spinach leaves. Cook for an additional 10 minutes, until the pasta is cooked through. Season with salt and pepper.

Serve with a piece of crusty bread. Enjoy!

© TheFrugalChef™ 2009