

Grandma's Vegetable Beef Soup

Ingredients:

- 1/2 cup vegetable oil
- 1 lean chuck roast (about 2 pounds)
- 6 beef bouillon cubes
- 2 cups finely diced onions
- 2 stalks finely diced celery (with leaves)
- 1 pound chopped (or grated) cabbage
- one 46-ounce can (or bottle) regular V-8 juice
- 2 cups potatoes (peeled, rinsed, and diced)
- 1 large carrot (peeled and diced)
- one 15-ounce can peas, drained
- one 15-ounce can green beans, drained
- one 15-ounce can baby lima beans, drained
- one 15-ounce can pinto beans, drained and rinsed
- one 15-ounce can petite-diced tomatoes with juice
- 1 cup of lentils (or elbow macaroni)
- one 15-ounce can whole kernel sweet corn
- flavor to desired taste with salt, pepper, onion powder, garlic, and bay leaf

Directions:

1. Warm oil in a soup pot over medium heat.

2. Season roast with salt, pepper, garlic powder, and onion and add to pot and brown lightly on all sides.
3. Add water to just barely cover the meat (about 4 cups).
4. Add bouillon cubes and bring to a low boil; cover and simmer for 1 hour or until meat is ready to fall apart.
5. Transfer to a plate and set aside to cool.
6. Add to pot, broth, onions, celery, cabbage, and V-8 juice and return to a slow boil.
7. Cover and simmer for 45 minutes or until cabbage is almost tender.
8. Add potatoes, carrots, green beans, lima beans, peas, pinto beans, and tomatoes.
9. Return to a slow boil; cover and simmer for 15 minutes.
10. In a separate pot, cook macaroni (or lentils) according to package directions; rinse under cool water and drain.
11. Cut meat into bite-size pieces.
12. Taste the soup and add salt and pepper to taste.
13. Add corn, meat macaroni (or lentils), and stir well.
Note: If soup is too thick, thin with beef broth a small amount at a time, add a few tablespoons of vegetable oil (sparingly) and stir well.
14. Turn off heat and let sit for a few minutes; stir well before serving.

Note: To reheat leftovers, add more broth (1 cup hot water to 1 beef bouillon cube). The vegetables tend to soak up broth overnight in the refrigerator.