
OLD-FASHIONED BEEF AND VEGETABLE SOUP

- 1 Tablespoon oil
- 1 lb. stew meat, trimmed of fat, cut into bite-size pieces
- 2 (14.5 oz.) cans diced tomatoes
- 2 medium onions, chopped
- 3 cups beef broth
- 1 Tablespoon dried oregano leaves
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- 3 cups frozen vegetables, such as 1 cup carrots, 1 cup green beans and 1 cup corn (or green peas)
- 2 Tablespoons ketchup

1. Heat oil in a large pot over high heat. Brown meat, stirring frequently. Add tomatoes, onions, broth, oregano, garlic powder and black pepper. Bring to a boil, reduce heat to medium-low, cover and cook 1 hour and 15 minutes or until beef is tender.
2. Stir in the frozen vegetables, cover and cook 20 minutes or until carrots are tender.
3. Remove from heat, stir in ketchup.

Makes 9 cups of soup. Serves 6; 1 ½ cups per serving. Recipe provided by Nancy Hughes.

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