11 Vegetable Beef Soup
(Weepah Way, Laurel Canyon, 1969)

This soup is complex and rich. All these years later it still amazes me that the woman who taught me to make it was terrified of both complexity and intensity.

She once told me she couldn't come to a party I was having because "she knew she would have too much fun."

I kid you not! Those are her exact words. I knew I gave great parties but 'too much fun"? Go figure. What's sad is that right after that confession she purposefully dropped out of my life.

Friendship is a strange and sometimes fragile thing.

This is about as formal a recipe as I use. Ordinarily I just assemble all the veg I have (usually a mixture of store bought and home grown), and I check the freezer for dibs and dabs of random goodies to add. Recently I cooked one with beef stock, a jar of stew beef, and a lonesome jar of frozen beef & onion soup that I decided to throw in as well. Oh, yes, I included a container of sautéed summer squash and tomato leftover from the other night.

I do try to cut everything into dice so there are no large chunks. And I threw in some leeks - they are a wonderful veg! They have an onioney but mild flavor. I use them a lot in leek-potato-cabbage creamy soup, but in this case they had been hiding in the fridge for weeks and needed to be used up. I also had a rutabaga - which when

diced small adds a lovely under flavor to veg soup. This time I didn't add any potato or chard or spinach or cut corn or peas. So as you can see for me veg soup is an adventure!!

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- Beef bones (in a pan roast bones at 400 degrees till brown)
- Beef Chuck cut in 2 inch cubes
- Beef stock (or bouillon, either paste or cubes – always salty so watch the added salt)
- Carrots
- Potatoes
- Onion
- Green beans
- Tomatoes – peeled and chopped – fresh or canned
- Corn – cut from cob or whole canned drained
- Chard or Kale – cut in thin Julienne
- Celery
- Rutabaga

- Garlic
- Cannellini beans – soaked and cooked till tender or canned and drained
- Small Elbow Macaroni
- Salt, pepper, Bay leaf

Roast seasoned beef bones in a hot oven till well browned.

Season the beef chuck cubes well with salt and pepper and dredge with flour. Brown the meat well on all sides in soup pot.

Add beef stock (or 2-4 beef bullion cubes), Bay Leaf, 4-6 garlic cloves, roasted beef bones (scrape and soak browned bits from pan into soup pot) and hot water to cover.

Simmer the meat till very tender. Remove bones, fat, and any gristle. Chop beef and return to the soup pot.
Peel and cube all vegetables into small dice.

Add the firm vegetables first and add water if necessary to cover.

As the firm vegetables soften begin adding everything else. Keep the liquid level high – simmer, do not boil.

When all the vegetables are tender taste for salt and pepper and add 3-4 or more finely chopped garlic cloves.

Add Cannellini beans, and macaroni. Again taste for salt.

Let simmer on very low heat for at least another hour.

Serve with freshly grated Parmesan Cheese and French or Italian bread.

For Later

Cool to room temp, put into containers and freeze or pressure can.

I like to freeze soup in wide mouth pint jars so if you want to take it out to heat in a pan it slides out easily if you warm the glass a bit - or better yet I used to take out a jar the night before - take it to work and heat the whole thing in the microwave for my lunch and eat it right out of the jar. For all this the new white plastic jar lids are a great investment.

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