

# SIMPLE BEEF & VEGETABLE SOUP

Servings 4 | Prep Time 10 mins | Total Time 40 mins (to 7 hours)



## INGREDIENTS

- 500g diced beef
- 5 Potatoes
- 2 Parsnips
- 2 Carrots
- 1 bunch of Spinach
- 1 bunch spring onions, finely diced
- 1 tablespoon Veggie Stock Paste, or 1 Beef stock cube
- 2 Bay Leaves
- 1 tablespoon Balsamic Vinegar
- Small bunch of fresh Rosemary (or 1 tablespoon dried Rosemary)
- 400ml hot water
- 30 g Garlic Infused Olive Oil
- 1 bunch fresh Parsley or Coriander
- Salt and Pepper to taste

## CONVENTIONAL METHOD

1. Peel and dice the Potato, Carrot and Parsnip into cubes.
2. Finely slice the Spring onions, and roughly dice the spinach and set aside.
3. Preheat the Olive Oil in a large pot, add the diced Beef and Spring Onions to the pot and cook until browned.
4. Add the Veggie Stock paste (or Beef stock cube), and 400ml hot water to a large pot on low heat. Stir until dissolved.
5. Add the Potato, Parsnip and Carrots, Bay Leaves, Rosemary, and Balsamic Vinegar, Salt and Pepper to the pot and stir. Cook for about 20 mins or until the potato is just cooked.
6. Add the Spinach to the pot and cook for another 10 mins, or until the spinach is wilted.
7. Serve the soup straight away topped with fresh parsley or coriander and a warmed Bacon Pumpkin Muffin, or Savoury Scone on the side.

## SLOW COOKER METHOD

1. Peel and dice the Potato, Carrot and Parsnip into cubes.
2. Finely slice the Spring Onions and set aside.

3. Preheat the Olive Oil in a fry pan, add the diced Beef and Spring Onions to the pot and cook until just browned.
4. Transfer the Beef and Spring Onions to the slow cooker.
5. Add the Potato, Parsnip, Carrots, Veggie stock paste (or Beef stock cube), Bay leaves, Rosemary, Balsamic Vinegar, Salt, Pepper and water to the slow cooker and cook on low for 6 hours (or high for 4 hours).
6. Add the Spinach to the slow cooker and cook for another 1 hour on low (or 30 minutes on high).
7. Serve the soup straight away topped with fresh parsley or coriander and a warmed Bacon Pumpkin Muffin, or Savoury Scone on the side.

**Tips:**

\* Feel free to swap the spring onion for leek (green tops only for the fodmappers), or some fresh basil.