

Italian Vegetable beef soup

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Nothing warms the soul quite like a bowl of Italian vegetable beef soup. This classic dish is the ultimate comfort food, combining the slow-cooked beef with the vibrant, earthy taste of fresh vegetables. Full of wholesome ingredients like tender chunks of beef, carrots and potatoes it's a hug in a bowl. Simmered with Italian herbs every spoonful is a burst of flavor that transports you to a rustic Italian countryside kitchen.

Perfect for chilly evenings or make-ahead meal for busy days. Whether you pair it with crusty bread or enjoy it on its own, it's a satisfying and nourishing that your whole family will love. Plus, it's a great way to incorporate vegetables into your diet without compromising taste.

Why you will love this Italian vegetable beef soup

What sets this Italian vegetable beef soup apart is its versatility. The recipe allows for endless customizations, so you can use whatever vegetables you have on hand. It's also a one-pot wonder, making cleanup a breeze. Plus the slow simmering process not only deepens flavor it leaves you hands free and your kitchen with an irresistible aroma that will have everyone eagerly waiting for dinner.

Whether you're looking for a comforting dish on a cold night or an easy meal prep recipe, this soup is bound to become a family favorite too.

Ingredients

- 1 Lb. beef chuck
- 2 Tbsp. olive oil
- 1 cup diced onion
- 2 Tbsp. minced garlic
- 1 cup diced celery
- 2 cups diced carrots
- 3 medium potatoes medium dice
- 2 Tbsp. tomato paste
- 4 cups beef broth
- 1 cup water
- 1 cup small shaped pasta
- a few bay leaves
- salt and pepper to taste
- grated parmesan cheese
- 2 Tbsp. chopped Italian parsley

Instructions

1. Heat the oil in a large stock pot . salt and pepper the meat. then brown on all sides . Remove and set aside.
2. In the same pan add the onion, garlic, celery and carrots. Cook until soft and just beginning to brown.
3. Add the tomato paste, broth, water and bay leaves. Return the beef back to the pot. Bring to a slow simmer and cook covered for 45 minutes. Add in the potatoes the last 15 minutes and the pasta the last 7 minutes.
4. Ladle into soup bowls . Top with grated parmesan cheese and the Italian parsley. ENJOY!!!!!!