**VEGETABLE BEEF SOUP**

*This vegetable beef soup recipe is a classic -- full of tender steak, lots of veggies, and delicious flavor!*

**PREP TIME: 15 MINS COOK TIME: 30 MINS TOTAL TIME: 45 MINS**

**INGREDIENTS:**

* 2 tablespoons olive oil
* 1.5 pounds’ sirloin steak, or beef stew meat (or whatever lean steaks are on sale!), cut into about 1" cubes
* 1 large onion, chopped
* 3 cloves garlic, minced
* 1 cup slice carrots
* 1 cup slice celery
* 1 lb. potatoes peel then cube
* 8 cups beef stock
* 2 bay leaves
* 1 (28 oz.) can diced tomatoes, with juice
* 1 Tablespoon Worcestershire sauce
* 1 Tablespoon Italian seasoning,
* 1 teaspoon salt, or more/less to taste
* 1/2 teaspoon freshly-ground black pepper
* (optional garnish: chopped fresh parsley)

**DIRECTIONS:**

**Stovetop Directions:**

In a large stockpot, heat 1 tablespoon of the oil over medium-high heat. Add half the steak and cook, stirring frequently, until well browned, about 2 minutes. Remove the steak with a slotted spoon and transfer to a separate plate. Add the remaining steak and cook until browned, then remove and transfer to a separate plate.

Reduce the heat to medium-low and add the remaining tablespoon of oil to the pot. Add the onion and cook, stirring occasionally for about 5 minutes. Add the garlic, carrots, celery and potatoes, and continue sautéing for another 3 minutes.

Add the remaining ingredients along with the cooked steak to the pot, and stir to combine. Bring to a boil, stirring occasionally. Reduce the heat to medium-low, cover pot, and simmer for at least 20-30 minutes, or until the steak and vegetables are all tender.  Season with additional salt and pepper if needed.

Remove the bay leaves when ready to serve.  Serve the soup warm, garnished with chopped fresh parsley if desired.

**Slow Cooker Directions:**

In a large sauté pan, heat 1 tablespoon of the oil over medium-high heat. Add half the steak and cook, stirring frequently, until well browned, about 2 minutes. Remove the steak with a slotted spoon and transfer to the bowl of a large slow cooker.

Add the remaining steak to the pan and cook until browned, then transfer to the bowl of a slow cooker. Add the remaining ingredients to the slow cooker, and stir to combine.

Cook on high for 3-4 hours or on low for 6-8 hours until the steak and vegetables are all tender.  Season with additional salt and pepper if needed. Remove the bay leaves when ready to serve.  Serve the soup warm, garnished with chopped fresh parsley if desired.