

36 RECIPES FOR BEEF SOUP

THE EASY BEEF SOUP RECIPE COLLECTION



THE AMAZING RECIPES FOR SOUP AND
ULTIMATE SOUP RECIPES COLLECTION

PAMELA KAZMIERCZAK



36 Recipes For Beef Soup - The Easy Beef Soup Recipe Collection

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Ultimate Soup Recipes Collection

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One Last Thing:

Introduction

Welcome to the fourth volume of The Amazing Recipes For Soup and Ultimate Soup Recipes Collection!

This volume is all about Beef Soups. Beef flavored soups and soups that's main component is beef are rather popular. If you are looking for some hearty soups for the first course or even the entire meal, you should find some great selections inside.

I hope you find some great new recipes to enjoy in this volume!

Afghan Tomato Soup

Ingredients:

½ lb. beef, boneless,
1 tablespoon butter
1 onion, chopped
3 garlic cloves, minced
6 ounces tomatoes, chopped
6 ounces tomatoes juice
5 cups water
1 cup white beans, boiled
½ teaspoon salt
½ teaspoon black pepper
1 teaspoon mustard

1 teaspoon dill

1 teaspoon red chili pepper

2 teaspoons lemon juice

Directions:

Melt butter in a pan, add onion and garlic, sauté for 3 minutes. Now add beef and fry for 10 minutes, stir in beans, tomatoes juice, water, chopped tomatoes and bring it to boil.

Cover and cook for 30 minutes over medium heat. Then add mustard,

lemon juice, red chili pepper, salt and pepper, mix well and cook again for 5 minutes.

Garnish with dill before serving.

Asian Beef & Noodles Soup

Ingredients:

- 1 lb. beef, boneless, minced
- 3 ounces noodles, any flavored, boiled
- 3 cups mixed vegetables, frozen
- ½ teaspoon ginger, minced
- 1 scallions, chopped
- 1 onion, chopped
- 1 tablespoon garlic, minced
- 1 teaspoon soy sauce
- 1 teaspoon salt
- ¼ cup parmesan cheese

Directions:

In large saucepan, add beef and cook for 10 minutes until fat dries.

Now in another saucepan add onion, garlic and sauté for few minutes over low heat. Then add water, mix vegetables, beef broth, soy sauce, ginger and salt, mix it well and cook for 1 hour over medium heat.

Lastly add noodles and scallions, bring to boil. Remove from heat. Take out soup in a bowl and

garnish with cheese.

Asian Beef Soup

Ingredients:

- 8 ounces beef, boneless, striped
- 1 tablespoon soy sauce
- 4 cups beef broth
- 2 teaspoons ginger, minced
- 1 cup carrots, chopped
- ½ cup cabbage, chopped
- 6 ounces mushrooms, boiled and sliced
- ½ teaspoon sesame oil
- 2 cups black beans, boiled
- ¼ cup coriander leaves, chopped
- 3 scallions, chopped

Directions:

Bring the broth to boil in a pan, add beef, soy sauce, ginger and cook for 20 minutes over medium heat. Then add mushrooms, carrots, cabbage and cook for 10 minutes.

Stir in sesame oil, scallions and black beans and cook for another 5 minutes.

Garnish with the coriander before serving.

Beef & Bean Soup

Ingredients:

- 2 lbs. beef, boneless, cut into strips
- 1 cup carrots, chopped
- 3 tablespoons oil
- 1 onion, chopped
- 1 tablespoon red chili powder
- 1 teaspoon garlic, minced
- 2 cups black beans, boiled
- 1 cup water
- ¼ teaspoon salt
- 1 teaspoon pepper
- 6 cups beef broth

2 teaspoons celery

Directions:

Heat oil in a pan sauté onion and garlic, cook for 5 minutes until onions are softened. Stir in water, beans and beef and cook for 15 minutes. Then add carrots, beef broth, red chili, salt and pepper.

Bring to boil and cook covered for 12 hours. Remove from heat. Pour the soup in the bowl.

Garnish with celery before serving.

Beef & Black Bean Soup

Ingredients:

- 1 cup black beans, boiled
- 1lb. beef, boneless, minced
- 2 garlic cloves, minced
- ¼ teaspoon salt
- 1 red bell pepper, cubes
- 1 onion, chopped
- 3 cups beef broth
- 1 tablespoon chili pepper
- 2 tablespoons celery, chopped
- 1/8 teaspoon cayenne pepper
- ½ teaspoon cumin seeds

1 ½ tablespoons cornstarch, make
a paste with 1 ½ tablespoons water
2 tablespoons oil

Directions:

Heat oil in a pan, add onion and garlic, sauté for few minutes. Stir in beef, beans, chili pepper, cumin seeds, cayenne and beef broth. Mix well and cook for 1 hour over medium heat.

Now add red bell pepper and salt, reduce heat and bring to boil. Pour in cornstarch mixture and

keep stirring constantly until the soup is thickened.

Beef & Broccoli Soup

Ingredients:

1lb. beef, boneless, striped
4 cups broccoli
1 teaspoon garlic, minced
2 tablespoons oil
1 onion, chopped
2 tablespoons soy sauce
1 teaspoon ginger
5 cups beef broth
1 cup sour cream

Directions:

In large saucepan add beef and cook well to dry fat. Heat oil in another pan, add onion and garlic, sauté for few minutes. Stir in broccoli, ginger, soy sauce, and beef broth, mix well and cook for 80 minutes.

Stir in sour cream and cook again for few minutes.

Beef & Cashew Soup

Ingredients:

- 1lb. beef, boneless, cubed
- 8-10 cups beef broth
- 1 tablespoon cornstarch
- 3 tablespoons soy sauce
- ½ teaspoon ginger, chopped
- ½ teaspoon red pepper sauce
- 2 tablespoons vegetable oil
- 1 green bell pepper, cubes
- 1 onion, chopped
- 1 cup chestnuts,
- ½ cup mushrooms, drained

1 cup dry-roasted cashews
2 scallions, chopped

Directions:

Heat oil in a pan, add onion, ginger, chestnuts and mushrooms, stir fry for 5 minutes. Now add beef and sauté for few minute, add beef broth and cook for 80 minutes until beef is well cooked.

Then add red pepper, green bell pepper, scallions, soy sauce, cashew and cornstarch mixture, mix well and cook for 5 minute or

until sauce thickens.

Beef & Coconut milk Soup

Ingredients:

- 1lb. beef, boneless, minced
- 1 onion, chopped
- 2 potatoes, cubed
- 1 teaspoon ginger, minced
- 1 teaspoon garlic, minced
- 5 cups beef broth
- 48 ounces coconut milk
- 1 teaspoon curry powder
- ½ teaspoon salt
- ½ teaspoon pepper

Directions:

Heat beef broth to boil in a nonstick pan, add onions, garlic, ginger, potatoes, beef and curry powder, cover it and cook for 25 minutes or until they are tender.

Add in coconut milk and cook again for 50 minutes. Stir in salt and pepper, mix well and cook again for few minutes.

When it is pureed, take out soup in a bowl.

Beef & Lentil Soup

Ingredients:

- 1lb. beef, boneless, cubed
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons celery, chopped
- 2 carrots, chopped
- 1 onion, chopped
- 1 teaspoon thyme
- 1 teaspoon oregano
- 2 cups beef broth
- 28 ounces tomatoes, chopped

2 cups lentils

¼ cup parsley, chopped

½ cup parmesan cheese, grated

Directions:

Heat oil in a pan, stir in beef and cook for 10 minutes until the beef color is Browned. Now add in onion, carrots, celery, oregano and thyme, mix well until onion is softened.

Then add tomatoes and beef broth and cook for 1 hour over medium heat. After that stir in lentils,

bring to boil and cook for 30 to 80 minutes until lentils is softened.

Then add cheese, parsley into prepared soup and heat until the cheese melts.

Season with salt and pepper while serving.

Beef & Mushroom Soup

Ingredients:

½ lb. beef, boneless, minced

2 ounces butter

1 teaspoon ginger, chopped

2 tablespoons garlic, minced

14 ounces wild mushrooms,
trimmed

¼ teaspoon salt

1 teaspoon thyme

½ teaspoon paprika

2 cups water

½ teaspoon black pepper

2 cups beef broth

Directions:

Melt butter in pan, add ginger and garlic, sauté for few minutes. Add in mushrooms and stir fry for 5 minutes.

Now add salt, pepper, beef broth and water and cook for 2 hours. Pour into soup bowl.

Sprinkle thyme and paprika on top.

Beef & Potato Soup

Ingredients:

- 1lb.beef, boneless, minced
- 2 cups Potatoes, peeled, chopped
- 2 tablespoons butter
- 5 cups beef broth
- 2 onions, chopped
- 1 garlic clove, minced
- 1 cup green beans,
- 2 bay leaves
- ½ teaspoon black pepper
- 1 teaspoon salt
- 2 tablespoons Worchester sauce

Directions:

Melt butter in a pan, add beef, onion and garlic and sauté for few minutes. Stir in green beans, potatoes, beef broth, bay leaf, salt and pepper, mix well. Cook about 50 minutes until vegetables and beef are tender.

Lastly stir in Worchester sauce and cook again for 5 minutes.

Remove from heat. Take out soup in a bowl and garnish with cheese.

Beef & Rice Soup

Ingredients:

- 1lb.beef, boneless, striped
- 1 onion, chopped
- 1 jalapeno, chopped
- 1 green bell pepper, cubed
- 1 orange bell pepper, cubed
- 3 garlic cloves, minced
- 1 tablespoon salt
- 1 tablespoon black pepper
- 2 tablespoon red pepper, chopped
- 14 ounce beef broth
- 1 cup BBQ sauce

2 tablespoons brown sugar
2 tablespoons white vinegar
1½ cup rice, cooked

Directions:

In a pan add all the ingredients at once, cover and cook for 3 to 4 hours on low heat.

Beef and white vinegar with Dumplings Soup

Ingredients:

- 2 cups beef, boneless, cooked
- 2 tablespoons butter
- 1 cup onion, chopped
- 1 garlic clove, minced
- 3 carrots, chopped
- 1½ cups celery, chopped
- 2 cups beef broth
- 1 cup white vinegar
- 2 cups tomatoes, chopped
- 1 teaspoon salt
- 1 teaspoon black pepper

2 tablespoons unsalted butter
2 eggs, whisked
6 tablespoons flour

Directions:

Melt butter in a pan, add onion, garlic and carrots and fry for 10 minutes. Stir in tomatoes, beef broth, vinegar and beef, mix well and cook for 20 minutes over medium heat until they are tender.

In another bowl add in unsalted butter, eggs, celery and flour, mix together. Then add in flour

mixture, cover and cook for 10 minutes.

Season with salt and pepper while serving.

Beef Lo Mein Soup

Ingredients:

$\frac{3}{4}$ pound boneless beef, cut into strips

2 teaspoons soy sauce

2 teaspoons white vinegar

1 teaspoon garlic, minced

1 onion, chopped

2 cups noodles, chicken flavor, boiled

3 cups broccoli

1 teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

2 tablespoons oil

2 teaspoons cornstarch, dissolved
in 2 teaspoons water

½ cup sour cream

Directions:

Heat oil in a pan, add onion, garlic and fry for 5 minutes. Stir in beef, salt, soy sauce, vinegar and cook for 20 minutes until the beef color is browned.

Add in broccoli, beef broth, mix well and cook for 15 minutes. Then add the remaining noodles, oyster

sauce, cornstarch mixture, pepper and mix well.

Garnish with the sour cream.

Beef Minestrone Soup

Ingredient:

1lb. beef, boneless, minced
2 tablespoons vegetable, oil
1 onion, chopped
3 carrots, chopped
2 celery, chopped
2 potatoes, peeled and chopped
1 zucchini, chopped
16 ounces white beans
16 ounces green beans
4 cups beef broth

Directions:

Heat oil in a pot, stir in butter, onions and carrots, sauté until you feel an aroma, now add zucchini, potatoes, and cook for 5 minutes.

Then add beef broth, White beans, green beans and tomatoes.

Cook for 1 hour over medium heat.

Beef Onion & Potatoes Soup

Ingredients :

- 1 lb. beef, boneless, cut into strips
- 2 stalks celery, chopped
- 2 tablespoons butter
- 6 cups beef broth
- ½ cup onion, chopped
- 1 cup potatoes, cubed
- 1½ teaspoons curry powder
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup cream
- 1 pinch dried thymes

Directions:

In large saucepan, add beef and cook for 10 minutes to dry fat. Melt butter in another pan, stir in onion, beef, potatoes and celery, cook for 5 minutes.

Add in curry powder, beef broth, thyme, salt and pepper. Mix well and cook for 80 minute over low heat.

Garnish with cream while serving.

Beef Tortellini Soup

Ingredients:

- 1lb. beef, boneless, minced
- 1lb. chesses tortellini, frozen
- 1 bay leaf
- 6 cups beef broth
- 1 garlic clove, minced
- 1 turnip, chopped
- 8 ounces tomatoes, chopped
- 1 leek, chopped
- 1 celery, chopped
- 2 carrots, chopped
- 1 onion, chopped

Directions:

In large saucepan, add beef and cook well to dry fat, add beef broth, turnip, onion, leek, carrots, celery, tomatoes, garlic, beef and bay leaf. Mix well and cook for 2 hours over low heat until beef is tender.

Add chesses tortellini and cook again for 5 minutes.

Take out the bay leaf before serving.

Beef with Chickpea Soup

Ingredients:

1lb. beef, boneless, minced, and cooked

1 onion, chopped

1 cup chickpeas, chopped

1 ½ teaspoons curry powder

1 cup coconut milk

1 teaspoon ginger, minced

1 cup beef broth

¼ teaspoon salt

1teaspoon pepper

1 teaspoon paprika

1 teaspoon thyme
1 cup parmesan cheese

Directions:

Cook beef, onions, chickpeas, curry powder and ginger with beef broth about 20 to 25 minutes. Add in coconut milk, mix well and cook again for 10 minutes.

Then add cheese, thyme and paprika into prepared soup and heat until the cheese melts.

Sprinkle with salt and pepper while

serving.

Bok Choy Beef Soup

Ingredients:

- 1lb. beef, boneless, striped
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 onion, chopped
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup chicken broth
- 2 ½ cups water
- 2 tablespoons lemon juice
- 1 jalapeno, chopped
- 1 bok choy, chopped

2 tablespoons chili garlic sauce

Directions:

Heat oil in a pan, add garlic and onion, sauté for few minutes until softened. Now add beef and cook for 10 minutes until the beef color is browned. Stir in chicken broth, water, lemon juice and jalapeno, mix well and cook for 30 minutes over low heat.

Then add bok choy, garlic sauce, salt and pepper and simmer them

for 10 minutes until they are tender.

Cheeseburger Soup

Ingredients:

- 1/2 lb. beef, boneless, minced
- 3/4 cup onion, chopped
- 3/4 cup carrots, chopped
- 3 cups beef broth
- 3/4 cup potatoes, cubes
- 1/4 cup flour
- 3/4 cup celery, chopped
- 1 teaspoon basil
- 1 teaspoon parsley
- 2 cups cheddar cheese, grated
- 1 1/2 cups milk
- 1/4 cup sour cream

4 tablespoons butter

Directions:

Melt butter in a pan. Add carrots, celery, onion, carrots, potatoes and sauté for few minutes, until the potatoes are tender.

Now add in beef and beef broth and cook for 30 minutes over medium heat. Stir in milk and flour and cook for 10 minutes. Bring it to boil.

Then add sour cream and cheese

into prepared soup and heat until the cheese melts.

Curry Beef Soup

Ingredients:

1lb. beef, boneless, cubed
2 tablespoons butter
2 onions, chopped
2 bay leaves
2 potatoes, cubes
6 cups beef broth
2 tablespoons curry powder
2 tablespoons white vinegar
2 teaspoons salt

Directions:

Melt butter in a pan, add onion and beef and sauté for few minutes. Stir in beef broth and curry powder and cook for 30 minutes. Now add potatoes, bay leaf, vinegar and salt, mix well. Cook for 1 hour over medium heat.

Take out the bay leaf before serving.

Delicious Vegetable Beef Soup

Ingredients:

1lb. beef, boneless, minced

14 ounces vegetable broth

2 cups water

5 potatoes, chopped

1/3 cabbage, chopped

1 onion, chopped

1/4 cup celery, chopped

1/4 cup green bell pepper

1 tablespoon garlic, minced

11.5 ounce tomatoes, chopped

16 ounce mixed vegetable, frozen

1 cup lima beans, frozen
2 cups beef broth
2 tablespoons Worcestershire sauce
1 tablespoon bacon grease
1 teaspoon salt
1 teaspoon black pepper

Directions:

Heat water in saucepan, stir in vegetable broth, potatoes and cabbage and cook for 10 minutes until the vegetable are softened. Then add beef, onion, celery, green bell pepper and garlic. Mix

well and cook for 5 minutes, bring to boil.

Stir in tomatoes, mixed vegetables, lima beans, bacon grease, salt, pepper, beef broth and Worcestershire sauce, mix it well and cook for 2 hours over medium heat.

Hamburger Soup

Ingredients:

1lb. beef, boneless, striped
1 cup carrots, chopped
1 cup celery, chopped
1 cup onion, chopped
6 cups beef broth
5 cups water
8 ounces tomato sauce
16 ounces tomatoes, chopped
1 teaspoon salt
10 ounces corns
1 teaspoon basil

3 tablespoons ketchup

Directions:

In large saucepan, add beef and cook well to dry fat. Now in another pan combine beef broth, onions, carrots, celery, chopped tomatoes, water, tomatoes sauce, corn, ketchup, basil and salt mix well.

Cover and cook for 2 hours over medium heat. Pour the soup into serving soup bowl.

Hearty Beef Soup

Ingredients:

- 1lb. beef, boneless, minced
- 1 teaspoon olive oil
- 1 onion, chopped
- 1 teaspoons garlic, minced
- 2 cups beef broth
- 14.5 ounces tomatoes, chopped
- 1 cup tomatoes, sauce
- 1 teaspoon parsley
- 1 teaspoon black pepper
- ½ cup pearl barley
- 1 teaspoon basil

1 teaspoon salt

½ cup cream, heated

Directions:

Heat oil in a pan, add onion and garlic, sauté for few minutes until the onions is softened.

Stir in tomatoes, beef, mixed vegetable, beef broth, tomatoes sauce, basil, parsley, pearl barley, salt and pepper, mix it well and cook for 50 minutes.

Garnish with cream while serving.

Italian Wedding Soup

Ingredients:

For meatballs:

8 ounces beef, boneless, minced
1 onion chopped
1/3 cup parsley
1 egg
1 teaspoon salt

Directions:

Use a hand blender to blend all the

ingredients together. Shape the beef mixture into small balls.

Ingredients:

For soup:

1 teaspoon garlic minced
1 slice bread
½ cup parmesan cheese
1/3 teaspoon black pepper
4 cups beef broth
2 eggs
2 tablespoons cheddar cheese,
grated

1 teaspoon salt
1teaspoon pepper
1 tablespoon oil

Directions:

Heat oil in skillet; add meatballs and fry for few minutes until the color is brown. Stir in beef broth cook for 40 minutes over medium heat. Mix whisked eggs and cheddar cheese in a bowl.

Pour in the eggs mixture and keep stirring constantly until the gravy is thickened. Stir in salt and

pepper and cook for 1 minute.

Pour the soup in a soup bowl and garnished with parmesan cheese.

Martha's Vegetable Beef Soup

Ingredients:

1 lb. beef, boneless, minced
14.5 ounce tomatoes, chopped
8 ounces, tomatoes sauce
2 cups water
10 ounces mixed vegetables,
frozen
¼ cup beef broth
1 teaspoon sugar
1 teaspoon salt

Directions:

In large saucepan add beef and cook for 10 minutes until dry fat. Now stir in tomatoes, water, vegetables, tomatoes sauce, beef broth, salt and sugar.

Mix well and cook for 30 minutes over medium heat until the vegetables are tender. Pour the soup into serving soup bowl.

Pasta Beef Soup

Ingredients:

- 1lb. beef, boneless, minced
- 14 ounces beef broth
- 16 ounces pasta, frozen
- 1 cup broccoli, chopped
- 1cup corns, boiled
- 1 cup carrots, chopped
- 1 ½ cup tomato juice
- 14 ounces tomatoes, chopped
- 2 tablespoons Italian seasoning
- ¼ cup parmesan cheese, grated

Directions:

In large saucepan, add beef and cook well to dry fat. Now add pasta, tomatoes, beef broth, carrots, broccoli, corns, tomatoes juice and Italian seasoning, mix well and cook for 30 minutes.

Garnish with the cheese.

Russian Beef Soup

Ingredients:

2 ounces mushrooms

½ cup butter, unsalted

3 onions, chopped

1 cup veal, cooked

1 cup ham, chopped

8 cups beef broth

3 bay leaves

10 black peppercorns

2 tablespoons dill weeds

2 tablespoons capers

28 ounce tomatoes sauce

1 ½ flour

12 green olives

3 cloves garlic, minced

¼ cup dill pickle, juice

1 teaspoon paprika

1 teaspoon salt

1 teaspoon black pepper

Directions:

Brown mushrooms in butter and keep aside, Sauté onion and garlic in the butter until they are nicely fragrant. Stir in bay leaves, peppercorns and fry for 3 minutes.

Now add ham, beef broth, tomatoes sauce, capers, dill pickle juice and mix well. Bring the beef broth to boil and then reduce heat to cook covered for 2 hours over medium heat.

Stir in dill weeds, olives, paprika, salt and pepper. Stir constantly to avoid lumping. Then add veal and cook uncovered for 10 minutes. Lastly add in flour and then let it simmer to turn to thick and smooth sauce.

Spicy Beef & Onion Soup

Ingredients:

1lb.beef, boneless, minced
4 cups onion, chopped
½ cup chili sauce
3 tablespoons butter
3 tablespoons soy sauce
2 tablespoons flour
1 teaspoon salt
½ teaspoon black pepper
1 teaspoon garlic, minced
4 cups beef broth
½ cup parmesan cheese

Directions:

Melt butter in a pan, stir in onion, garlic and beef and cook for 30 minutes over low heat. Add in beef broth and cook again about 15 minutes. Stir in soy sauce, flour, mix well and cook for 10 minutes.

Then add chili sauce, salt and pepper and cook for 1 minute. Pour the soup in a soup bowl and garnish with parmesan cheese.

Spicy Vegetable Beef Soup

Ingredients:

- 1lb. beef, boneless, minced
- 2 tablespoons oil
- 1 onion, chopped
- 1 tablespoon garlic, minced
- 14 ounce beef broth
- 14 ounce tomatoes, chopped
- 4 cups water
- 16 ounce mixed vegetable, frozen
- 4 mushrooms, sliced
- 2 tablespoons celery, chopped
- ½ teaspoon oregano

½ teaspoon thyme
½ teaspoon basil
½ teaspoon parsley
½ teaspoon cayenne pepper
6 ounces pasta, boiled
1 teaspoon salt
2 tablespoons fresh parsley,
chopped

Directions:

Heat oil in a pan, add onion and garlic, fry for 5 minutes. Stir in beef, tomatoes, beef broth,

mushrooms, water, salt, oregano, thyme, celery, basil and cayenne pepper. Mix well, bring to boil, cover and cook for 80 minutes.

Then add pasta and cook again for 5 to 10 minutes. Pour soup in the bowl. Garnish with the parsley.

Sweet and Sour Beef Cabbage Soup

Ingredients:

1lb. beef, boneless, cubes and
cooked

8 cups water

½ cup carrots, chopped

½ cup onion, chopped

½ cup tomatoes, chopped

½ cup celery, chopped

¼ cup cabbage, chopped

1lb. beef, boneless, cubed and
cooked

½ teaspoon garlic, minced

2 tablespoons Worcestershire sauce
½ teaspoon black pepper
1 cup sugar
1 teaspoon salt
2 cups beef broth
2 tablespoons tomato ketchup
2 tablespoons cornstarch, make a
paste with 2 tablespoons water
2 tablespoons corn oil
2 tablespoons soy sauce
2 tablespoons white vinegar

Directions :

Heat oil in a pot, stir in combined

together all ingredients except cornstarch mixture. Mix well and cook for 30 minutes until beef and vegetables are tender.

Bring the soup to boil, stir in cornstarch mixture and keep stirring constantly until the gravy is thickened.

Taco Beef Soup

Ingredients:

- 1 lb. beef, boneless, minced
- 1½ cups water
- 16 ounces white beans, boiled and mashed
- 2 tablespoons taco seasoning
- ¼ cup shredded cheeses, grated
- ½ cup sour cream
- 1 onion, chopped
- 16 ounces tomatoes, chopped
- 1 avocado, peeled and chopped
- 1 cup corn chip

2 tablespoons oil
½ teaspoon salt
¼ teaspoon pepper

Directions:

Heat oil in a pan, add onion sauté for few minutes. Now add beef and cook for 5 minute until the color is brown. Stir in beans, water, tomatoes, taco seasoning, avocado, salt and pepper, mix well and cook for 20 to 30 minutes over low heat.

Then add cheese and sour cream

into prepared soup and heat until the cheese melts.

Pour soup in the bowl and top with Tortilla chips.

Texas Beef Soup

Ingredients:

- 1 lb. beef stew, cut in to strips
- 2 tablespoons olive oil
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 onion, chopped
- ½ green bell pepper, cubes
- 2 ½ cups beef broth
- 16 ounce mixed vegetables, frozen
- 15 ounce spicy vegetable juice

Directions:

Heat oil in a pan, add beef, salt and pepper and cook for 5 minutes. Now add onion, green bell pepper and cook for again 5 minutes.

Stir in beef broth, bring to boil. Then add mixed vegetables and vegetable spicy juice mix together and cook for 2 hours over low heat.

Tomato Beef Barley Soup Recipe

Ingredients:

- 1 lb. beef, boneless, minced
- 6 cups water
- 3 cups beef broth
- 2 cups tomatoes, chopped
- 1 cup onions, chopped
- 1 cup green bell pepper, cubes
- 1 cup celery, chopped
- 2 garlic cloves, minced
- ½ cup barley
- 1 teaspoon salt
- ½ teaspoon black pepper

1 bay leaf

1/3 cup ketchup

8 ounces tomatoes sauce

Directions:

In large saucepan, add beef and cook well to dry fat, add all ingredients, cover and cook for 1½ hours until everything is well cooked.

Tomato Juice Vegetable Soup

Ingredients:

1 lb. beef, boneless, minced,
16 ounce mixed vegetables, frozen
48 ounces tomatoe juice
48 ounces vegetable broth
1 teaspoon salt
1 teaspoon black pepper

Directions:

In large saucepan, add beef and cook well to dry fat. Stir in mixed

vegetables, tomato juice, and vegetable broth.

Mix well, cover and cook for 2 hours over low heat until they are tender.

Season with salt and pepper while serving.

Veggie Beef Chowder with Mozzarella Soup

Ingredients:

1lb. beef, boneless, minced

18 ounces mushrooms

16 ounces mixed vegetables,
frozen

1 cup green bell pepper

5 cups beef broth

½ cup chili sauce

¾ teaspoon Italian seasoning

½ cup mozzarella cheese, grated

2 tablespoons parsley

Directions:

Heat oil in a pan, add beef and fry for 10 minutes. Stir in mushrooms, vegetables and beef broth, mix well and cook for 30 minutes until the vegetables are tender.

Then add cheese, green bell pepper and Italian seasoning into prepared soup and heat until the cheese melts. Garnish with the parsley before serving.

Author Page

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Pamela Kazmierczak