

Prep Time: 20 minutes | Cook Time: 1 hour 45 minutes | Total Time: 2 hours 5 minutes
Servings: 8 | Difficulty: Easy | Category: Main Course, Soup

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Introduction

There are few things more comforting than a steaming bowl of hearty vegetable beef soup on a cold day. This isn't a thin, brothy afterthought — it's a thick, rich, stick-to-your-ribs meal in a bowl, loaded with tender chunks of beef, a rainbow of vegetables, and a deeply savory tomato-beef broth. The secret lies in browning the beef properly before it ever touches liquid,

and in layering flavors through slow simmering rather than rushing the process.

This recipe is forgiving and flexible: use whatever root vegetables you have on hand, swap in frozen peas or corn, and adjust the herbs to your taste. It freezes beautifully, making it ideal for meal prep. Serve it with crusty bread, cornbread, or a simple side salad, and you have a complete dinner that will please a crowd.

Ingredients

For the Beef

- 2 lbs (900 g) beef chuck, cut into 1-inch cubes
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 2 tbsp vegetable or canola oil

For the Soup Base

- 1 large yellow onion, diced (about 1½ cups)
- 3 medium carrots, peeled and sliced into ½-inch rounds (about 1½ cups)

- 3 celery stalks, sliced (about 1 cup)
- 4 cloves garlic, minced
- 3 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- 1 tsp dried thyme
- 1 tsp dried oregano
- 2 bay leaves
- ½ tsp smoked paprika

For the Liquid and Vegetables

- 8 cups (1.9 L) low-sodium beef broth
- 1 can (14.5 oz / 411 g) diced tomatoes, undrained
- 2 medium Yukon Gold potatoes, peeled and cut into ¾-inch cubes (about 2 cups)

- 2 cups frozen mixed vegetables (peas, corn, green beans, carrots)
 - 1 cup fresh green beans, trimmed and cut into 1-inch pieces (optional)
 - 2 tbsp chopped fresh parsley (for garnish)
 - Salt and pepper, to taste
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Equipment

- Large heavy-bottomed Dutch oven or stockpot (at least 6 quarts)
 - Wooden spoon or spatula
 - Cutting board and chef's knife
 - Measuring cups and spoons
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Instructions

Step 1: Prep the Beef (5 minutes)

Pat the beef cubes completely dry with paper towels — moisture is the enemy of browning. Season generously with the kosher salt and black pepper on all sides.

Step 2: Sear the Beef (10-12 minutes | Intensity: High)

Heat the oil in your Dutch oven over high heat until it shimmers but doesn't smoke. Working in two batches (overcrowding steams the meat instead of searing it), add the beef in a single layer. Sear undisturbed for 3-4 minutes per side until deeply browned. Transfer the browned beef to a plate and set aside. Repeat with the second batch.

Tip: Those browned bits stuck to the bottom of the pot are pure flavor. Don't scrape them yet — they'll release when the onions go in.

Step 3: Sauté the Aromatics (8-10 minutes | Intensity: Medium)

Reduce heat to medium. Add the onion, carrots, and celery to the pot with a pinch of salt. Cook, stirring occasionally and scraping up the browned bits, for 6-8 minutes until the vegetables soften and the onion turns translucent.

Add the garlic and cook for 1 minute until fragrant. Stir in the tomato paste and cook for 2 minutes, stirring constantly — this caramelizes the paste and deepens its flavor. Add the Worcestershire sauce, thyme, oregano, smoked paprika, and bay leaves; stir for 30 seconds to bloom the spices.

Step 4: Deglaze and Simmer the Beef (5 minutes + 75 minutes |

Intensity: Low)

Pour in about 1 cup of the beef broth and scrape the bottom of the pot firmly with your wooden spoon to lift every bit of fond. Add the remaining broth, the diced tomatoes, and the reserved beef with any accumulated juices. Stir well.

Bring the soup to a gentle boil over medium-high heat, then immediately reduce to low. Cover and simmer gently for 75 minutes, stirring occasionally, until the beef is nearly tender.



Intensity note: The soup should barely bubble — a lazy simmer, not a rolling boil. Boiling toughens the beef and clouds the broth.

Step 5: Add the Potatoes (20 minutes | Intensity: Low)

Add the cubed potatoes and fresh green beans (if using). Stir, cover, and simmer for 20 minutes more, until the potatoes are fork-tender but not falling apart.

Step 6: Finish with Frozen Vegetables (5-7 minutes | Intensity: Low)

Stir in the frozen mixed vegetables and simmer uncovered for 5-7 minutes until heated through. Remove the bay leaves.

Step 7: Taste and Adjust (2 minutes)

Taste the soup and adjust: add salt if it tastes flat, a grind of pepper for heat, or a splash of Worcestershire for depth. If the broth is too thin, simmer uncovered for 5-10 minutes to reduce. If too thick, add a splash of broth.

Step 8: Rest and Serve (5 minutes)

Let the soup rest off the heat for 5 minutes — this allows the flavors to settle and the broth to thicken slightly. Ladle into bowls, garnish with fresh parsley, and serve with crusty bread.

Timing Summary

Stage	Time	Heat Intensity
Sear beef	10-12 min	High
Sauté aromatics	8-10 min	Medium
Simmer beef	75 min	Low
Add potatoes	20 min	Low
Finish with frozen veg	5-7 min	Low
Rest	5 min	Off heat

Total active time: ~25 minutes | Total cook time: ~1 hour 45 minutes

Nutrition Information (per serving)

Based on 8 servings. Values are estimates and will vary by brand and exact quantities used.

Nutrient	Amount
Calories	385 kcal
Total Fat	14 g
— Saturated Fat	4.5 g
— Trans Fat	0 g
Cholesterol	78 mg

Nutrient		Amount
Sodium		720 mg
Total Carbohydrates		30 g
— Dietary Fiber		6 g
— Total Sugars		7 g
Protein		34 g
Vitamin A		95% DV
Vitamin C		35% DV
Calcium		7% DV
Iron		28% DV
Potassium		1,050 mg