
Caldo De Res (Mexican Beef Soup)

LKonis

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Servings: 8

Preparation Time: 30 minutes

Start to Finish Time: 2 hours 10 minutes

Beef bones add richness and depth to this caldo de res (Spanish for "beef broth"). Garnishing with fresh herbs and citrus - cilantro and lime juice, in this case - and crunchy veggies adds freshness to slow-cooked soups.

If you can't find bone-in shank, cut one pound of chuck roast into 1/2-inch pieces. Add one pound of soup bones that you can get from your butcher.

2 pounds bone-in beef shank
1 tablespoon vegetable oil
2 teaspoons salt
2 teaspoons black pepper
1 1/4 cups chopped onion
3 cups low-sodium beef broth
1 can (14.5 ounce) diced tomatoes, undrained
4 cups water
2/3 cup carrot, coarsely chopped
1/4 cup chopped fresh cilantro
1 potato (optional), quartered
2 ears fresh sweet corn, each cut into four pieces
2 chayote squash, quartered
1 head cabbage, cored and cut into eight wedges
1/4 cup fresh or pickled jalapeno peppers, sliced
4 radishes, quartered
chopped fresh cilantro (for garnish)

Cut the meat off the bones into 1/2-inch pieces, leaving some on the bones.

Heat a heavy six- to seven-quart pot over medium-high heat until very hot. Add the oil, tilting the pot to coat the bottom. Add the meat and bones. Season with salt and black pepper. Cook, stirring occasionally, until thoroughly browned, about 10 minutes.

Stir in one cup of the onion. Cook until lightly browned. Stir in the broth and tomatoes. (The liquid should cover the bones by 1/2 inch. If not, add enough water to compensate.) Reduce the heat to low. Simmer, partially covered, for one hour. If the meat is not tender, cook for 10 minutes more.

Stir in the water and return to a simmer. Add the carrot and 1/4 cup of cilantro. Cook, covered, for 10 minutes. Stir in the potato (if using), corn and chayote squash. Simmer, covered, for 10 minutes. Push the cabbage wedges into the soup; Continue cooking, covered, until the vegetables are tender, about 20 minutes. Discard the bones, if desired.

Ladle the soup into large bowls. Garnish with jalapenos, cilantro and the remaining 1/4 cup of onion. Squeeze the limes over the soup and serve with the radishes.

(Ungarnished soup keeps in an airtight container for up to three days chilled or up to three months frozen.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 48 Calories; 2g Fat (38.4% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 546mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.