

Grandma's Beef Noodle Soup

Theresa M Bockhold - Kahoka, MO
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Servings: 10

2 egg yolks
2 tablespoons milk
3/4 cup flour
1 quart tomatoes with juice
2 pounds stew beef meat,
cubed
2 quarts water
1 cup chopped onion
1 cup chopped celery
1 tablespoon Accent flavor
enhancer
salt (to taste)
pepper (to taste)
1/2 cup regular rice
1 cup water

Preparation Time: 2 hours

Cook Time: 4 hours 30 minutes

Prepare noodles in a two quart mixing bowl by mixing two egg yolks, two tablespoons of milk and 3/4 cup of flour with a fork. Mix thoroughly.

Take half of the dough and form into a ball. Place on a well-floured board. Knead slightly. Roll the dough out until paper thin. Place on a cloth for 1-1/2 to two hours. Repeat the process with the remaining dough. Cut the dough into rectangles and place on top of each other. Cut the dough crosswise into narrow noodles. Spread out the cut noodles on a towel to dry until ready for the soup. (The noodles may be made days in advance. After they have completely dried, store in a tight container until ready for use.)

Place one quart of tomatoes with their juice into a six-quart soup pot, mash the tomatoes slightly. Add the two pounds of stew meat, two quarts of water, one cup of onion, one cup of celery, one tablespoon of Accent, salt and pepper to taste. Bring to a boil. Then reduce to low and cook for four hours. Stir the soup occasionally.

Meanwhile, have the regular rice (not minute rice) soaking in one cup of water.

When the soup has cooked for 3-1/2 hours, begin cooking the noodles in a four-quart pot with two quarts of water and one tablespoon of salt. Cook for 15 minutes and drain.

After the soup has cooked for four hours, add the cooked noodles and rice with water. Cook for another 30 minutes. If needed, add more water or tomato juice for extra broth.

Best when served with crackers and a relish tray.

Per Serving (excluding unknown items): 56 Calories; 1g Fat (20.4% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 20mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat.