

Quinn`s Hearty Beef Soup

Sharon Quinn - Butte, MT

Treasure Classics - National LP Gas Association - 1985

Yield: 8 to 10 servings

*1/4 pound round steak,
cubed and floured
1 onion, chopped
several stalks celery (to
taste)
4 to 8 cups water
1 can (10-1/4 ounce) beef
broth (or one package dry
onion soup mix)
1 can (15 ounce) tomatoes
salt (to taste)
pepper (to taste)
Lawry's seasoning mix (to
taste)
shot Worcestershire sauce
sliced vegetables of choice
(cabbage, corn, peas,
beans, parsley, carrots,
potatoes)*

Preparation Time: 30 minutes**Cook Time: 3 hours**

In a soup pot, brown the round steak well.

Saute' the onion and celery. Add to the beef.

Add the water, beef broth and the vegetables
you have chosen.

Add the salt, pepper, Lawry's seasoning and
Worcestershire sauce.

Simmer for two to three hours.

Best when served with French bread.

Per Serving (excluding unknown
items): 284 Calories; 14g Fat
(44.9% calories from fat); 24g
Protein; 15g Carbohydrate; 3g
Dietary Fiber; 67mg Cholesterol;
71mg Sodium. Exchanges: 3 Lean
Meat; 3 Vegetable; 1 Fat.