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# Steak Soup

*Joan Reinhold*

*Nettles Island Cooking in Paradise - 2014*

**2 pounds ground or cubed chuck steak (can use leftover steak or roast)**

**1 cup carrots, chopped fine**

**1 cup celery, chopped**

**1/2 cup onion, chopped**

**1/2 pound butter or margarine**

**1 1/2 cups flour**

**4 to 5 tablespoons gravy base or bouillon**

**4 cups warm water**

**2 cups canned tomatoes**

**1 package frozen mixed vegetables**

**salt (to taste)**

**pepper (to taste)**

**Tabasco sauce, green or red chile peppers (optional), you can season the soup as spicy as you wish**

In a skillet, saute' the chuck and drain off the grease (salt). Melt the butter and stir in the flour. Add the water and carrots, celery, onion and bouillon. Stir.

Add the tomatoes and stir. Add the frozen vegetables and stir. Season with salt and pepper. Add Tabasco sauce or chile peppers if you choose.

Simmer three to four hours.

Add one cup of water or broth before serving, if desired.

**Soups, Chili, Stew**

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*Per Serving (excluding unknown items): 2623 Calories; 188g Fat (63.0% calories from fat); 35g Protein; 213g Carbohydrate; 25g Dietary Fiber; 497mg Cholesterol; 2859mg Sodium. Exchanges: 9 1/2 Grain(Starch); 13 Vegetable; 37 Fat.*