

Caldo de Res

(Mexican Beef Soup)

Caldo de Res is a traditional Mexican beef soup made with beef shanks, vegetables, and aromatic spices. This version includes Adagio's Pu-erh Dante tea to add a rich, earthy depth to the broth.

PREP TIME: 20 minutes

COOK TIME: 2 hours

2 lbs beef shanks
8 C water
1 onion, quartered
2 cloves garlic, minced
2 med carrots, sliced
2 med potatoes, cubed
1 zucchini, sliced

1 ear of corn, cut into rounds
1/2 head cabbage, chopped
1/4 C chopped fresh cilantro
1 T Adagio's Pu-erh Dante tea
Salt and pepper to taste
Lime wedges for serving

IN A LARGE POT, bring the water to a boil. Add the beef shanks, onion, and garlic. Reduce heat and simmer for 1 1/2 hours, skimming off any foam.

ADD THE CARROTS, potatoes, zucchini, corn, and cabbage. Simmer for another 30 minutes, or until the vegetables are tender.

STIR IN THE CILANTRO and Pu-erh Dante tea. Simmer for an additional 5 minutes.

SEASON WITH SALT and pepper to taste.

SERVE WITH lime wedges.