

LA CASITA VEGETABLE BEEF SOUP (AKA CALDO DE RES)

CATEGORY Dinner

COOK TIME 4-6 +/- hours

INGREDIENTS

- 2 pounds stew meat and 1 pound beef soup bones
- 2 cups chopped zucchini
- 2 cups chopped baby carrots
- 2 cups chopped cabbage and/or kale
- 2 cups chopped celery
- 1 medium chopped yellow onion
- 16 oz frozen corn
- 1 can gold hominy
- 1 pound chopped potatoes
- Salt & Pepper to taste
- 3 tbsp Fresh ground Cumin
- 3 tbsp chili powder
- 6 cloves pressed garlic

NOTES FROM LA CASITA

My friend Nicole @beachgirlgrills told me about the power food combo of Kale and Avocado. It's such a delicious blend. Even kale haters need to try eating kale in soup and other recipes!



DIRECTIONS

1. Using a large Dutch oven or deep soup pot, place beef in the pot and add enough water to cover the meat. Cook on a low boil.
2. Add 3 tablespoons of salt and a dash of fresh ground black pepper, 3 cloves of garlic, and chopped onion. Allow spices and onion to cook with the beef until the beef is cooked through and tender. It is likely that you will need to add additional water to cover the beef. I cook my beef for 3-4 hours to allow all the marrow to come free from the bones and for the stew meat to be tender.
3. Once the meat has cooked through to desired tenderness, begin adding veggies. Stagger the additional veggies to allow longer cook times for the vegetables that need it. Once all the veggies have been added, I allow this to cook on low heat for at least an hour, so the flavors come together.
4. Garnish with fresh avocado, lime wedges, chopped radishes, La Casita Hot Sauce, and a side of homemade rice.

