

Beef & Onion Soup

Introduction

This is one of these soups that is made from leftovers and very much depends on what you have to hand. It's included here as an example of the ad-hoc soups that are easy to make.

This was first made using the excess gravy in Beef Olives. It has the flavour of the beef olives, the sauce and also has some carrot and other veg that was also left over in the gravy.

Ingredients

- 500ml Beef Stock
- 100g Chunky Onion
- 1 Knorr Beef Stock Cube
- Splash of Red Wine (Optional)
- ½ tsp dried Thyme (Optional)

Options

You can play around with this recipe depending on what stock you have, or what vegetables are in the cupboard.

I've based this on the leftover stock from Beef Olives but it would also work well with the stock from any red meat dish such as cottage pie, shepherd's pie or beef stew.

Fine dice a carrot and add this to the pot.

Equipment

- Sharp knife
- Large Saucepan
- Spatula

Preparation

- Dice the onion, but it is much easier to use frozen chunky onion
- Alternatively, cut the onion into thin strips

It's not so easy to buy frozen chunky onion but I regularly make my own when I buy fresh onions. That means I have plenty in the freezer in individual portion bags that I can just grab and throw in the soup pot.

Method

Leave the gravy (beef stock) in the original pot to get the best of the flavours.

If there is only a small amount of gravy to work with, add some water but probably no more than 500ml in total so the flavours are not too diluted.

Add the onion and stock cube. You might just want to add half the stock cube as they can be a bit salty. You might even be able to skip the stock cube if you have enough stock with a decent flavour to start with.

Bring to the boil and simmer for 20 minutes or until the onions are soft.

Keep an eye on this and stir from time to time.

Taste and season, but I doubt if more seasoning will be required.

Add a splash of red wine and simmer for a further 5 minutes.

Notes

225g portion is approximately 1½ ladles, based on the size of ladle I use! You will get used to your own size through time.

This will only give you two portions but it's cheap and easy to prepare if you are cooking anyway.

I had a half portion extra when I last made this so that was scoffed as I worked!

Portions

Number of portions	2
Final Portion Size	225g
Storage Container	Large Plastic

Storage

Serve fresh but also ideal for freezing in plastic containers.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



4 min

10 min

If reheating from frozen, increase heating times.

Preferably defrosted overnight before heating.

If you heat on the stove top, be sure to defrost first, or stick in the microwave for a few minutes to start the defrost.

You can add extra water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

I like to serve with part-baked baguettes or breads that I can prepare just ahead of time.

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions

**Once defrosted, consume within 24 hours.
Do not refreeze.**