**Beef & Vegetable Soup**

**\*Adapted from Dr. Kellyann’s Bone Broth Diet Hearty-Beef-And-Vegetable Soup**

**Servings: approx. 10**

**Ingredients**

* 2 lbs beef, such as sirloin, top round, roast meat
* 1 onion – diced
* 2 – 3 celery stalks – chopped
* 1 – 2 cloves garlic – mined fine
* 1 – 2 tablespoons tomato paste
* 3 cups bone broth
* 1 28 oz can diced tomatoes
* 1 cup carrots – peeled and diced
* 1 cup green beans – trimmed and cut
* 1 cup broccoli florets (replaces ½ cup parsnips in original recipe)
* ½ cup cilantro (replaces parsley in original recipe)
* 2 bay leaves
* 1 tsp thyme and Mexican oregano
* 1 tsp sea salt
* ½ tsp pepper

**Directions**

Heat a stock pot and add a small amount of coconut oil. Add about 1/3 to ½ of the meat and brown. Remove from the pot and set aside. Repeat until all of the meat is brown.

Add a little more coconut oil and sauté the onion, celery, garlic and carrots until the onion and celery are soft (carrots may still be a little hard). Add the tomato paste and cook for a few minutes to take the harsh flavor off the tomato paste.

Add the broth, tomatoes, green beans, broccoli, meat and seasonings and bring to a boil. Reduce the heat to a simmer and let simmer for about 30 minutes or until the vegetables, especially the carrots, are cooked through.

Remove the bay leaves and serve.

Any left overs can be refrigerated or even frozen for future meals