

Dinner - Paleo

Beef and Winter Vegetable Soup



SERVES: 4 PREP: 15 min. COOK: 1 h.

Ingredients

2 lbs. boneless beef chuck roast, cut into 1-inch pieces

½ cup onion, chopped

1 small rutabaga, cut into cubes

2 sweet potatoes, cut into cubes

2 carrots, cut into chunks

2 parsnips, cut into chunks

2 cups riced cauliflower

2 cloves garlic, minced

6 cups beef stock

½ tsp. dried thyme

1 tbsp. fresh parsley, minced

Cooking fat

Sea salt and freshly ground black pepper

Preparation

1. Melt some cooking fat in a large saucepan placed over a medium-high heat.
2. Brown the beef on each side and set aside.
3. Add the onion and garlic and cook until fragrant, about 5 minutes.
4. Add about $\frac{1}{2}$ of the stock to deglaze the bottom of the pan.
5. Add all the vegetables to the saucepan and cook, stirring frequently, until the vegetables are soft (about 10 minutes).
6. Return the beef to the saucepan, add the remaining stock, and cover.
7. Let everything simmer over a medium-low heat for 40 to 45 minutes, or until the meat is cooked through.
8. Adjust the seasoning, sprinkle with the fresh parsley, and serve.